

# BEGINNERS GUIDE TO THE **PALEO** DIET PLAN

HOW TO LOSE WEIGHT BY  
EATING LIKE THE CAVEMAN

Karen Douglas



## *Easy* **PALEO** DIET RECIPES

COOK FOR THE PALEO DIET  
LIFESTYLE THE EASY WAY



KAREN DOUGLAS

**TWO BOOK BUNDLE**

**“BEGINNER’S GUIDE TO THE PALEO DIET PLAN”**

*AND*

**“EASY PALEO DIET RECIPES COOKBOOK”**

*BY*

*KAREN DOUGLAS*

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This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

# **TABLE OF CONTENTS**

## **Preface**

## **Chapter 1: Science Behind The Paleo Diet**

## **Chapter 2: History Of The Paleo Diet**

## **Chapter 3: Health Benefits Explained**

## **Chapter 4: Paleo Diet Vs Other Diets**

## **Chapter 5: Disadvantages Of The Paleo Diet**

## **Chapter 6: Estimated Cost Of The Paleo Diet**

## **Chapter 7: List Of Paleo Diet Foods**

## **Chapter 8: Sample Weekly Paleo Diet Meal Plan**

## **Bonus: Extra Paleo Diet Tips And Recipies**

## **References**

## **BOOK 2: EASY PALEO DIET RECIPES**

## **Introduction**

## **Benefits Of The Paleo Diet**

## **Appetizers**

MINI MEATBALLS

OVEN-BAKED WINGS

PALEO HUMMUS WITH VEGGIES

AVOCADO DEVEILED EGGS

BAKED SWEET POTATO FRIES

ARTICHOKE SPINACH DIP

CRAB CAKES

CUCUMBER FINGER SANDWICHES

BACON-WRAPPED SCALLOP SKEWERS

STUFFED MUSHROOMS

**Side Dishes**

GRILLED PINEAPPLE SALAD

CHERRY TOMATO BASIL SALAD

SWEET ASIAN-STYLE COLESLAW

GARLIC ROASTED VEGETABLES

GARLIC MASHED CAULIFLOWER

SPICY SPAGHETTI SQUASH

GRILLED ASPARAGUS SPEARS

SPICY CABBAGE SALAD

TOMATO MANGO SALAD

ZUCCHINI FRITTERS

CURRIED CARROT CASSEROLE

LEMON GARLIC BROCCOLI

SWEET POTATO GRATIN

ZUCCHINI “PASTA”

CHOPPED BROCCOLI SALAD

**Main Dishes**

SPICY FISH STEW

BEEF STEW WITH CARAMELIZED ONIONS

[GINGER BEEF WITH BROCCOLI](#)

[VEGETABLE CHILI](#)

[CINNAMON BANANA PANCAKES](#)

[CURRIED SHRIMP WITH VEGETABLES](#)

[CHICKEN SWEET POTATO STEW](#)

[ROSEMARY ROASTED CHICKEN AND VEGGIES](#)

[CILANTRO TURKEY BURGERS](#)

[TURKEY CABBAGE STIR-FRY](#)

[BEEF WITH MUSHROOM CASSEROLE](#)

[BAKED COCONUT FISH STICKS](#)

[ROASTED PORK TENDERLOIN](#)

[PEPPERED FLANK STEAK WITH ONIONS](#)

[BRAISED LAMB CHOPS](#)

[COCONUT-CRUSTED HADDOCK](#)

[GRILLED SHRIMP SKEWERS](#)

[BAKED TILAPIA WITH MANGO SALSA](#)

[PORK WITH VEGETABLE STIR-FRY](#)

[COCONUT CHICKEN CURRY](#)

[HERBED LEG OF LAMB](#)

[BLUEBERRY PANCAKES](#)

[STUFFED BUTTERNUT SQUASH](#)

[MARINATED PORK CHOPS](#)

[BACON-WRAPPED CHICKEN TENDERLOINS](#)

[SPICY CHICKEN CHILI](#)

[OVEN-BAKED CHICKEN NUGGETS](#)

[ORANGE GLAZED CHICKEN](#)

[AVOCADO BEEF TACOS](#)

[HERBED MEATBALLS](#)

[BALSAMIC ROASTED BEEF](#)

[BAKED HAM AND EGG CUPS](#)

[BALSAMIC GLAZED SALMON](#)

[PAN ROASTED SWEET POTATOES WITH BEEF](#)

[CHIPOTLE LIME SHRIMP](#)

## **Desserts**

[LEMON COCONUT CUPCAKES](#)

[STRAWBERRY KIWI FRUIT POPS](#)

[MIXED BERRY CREPES](#)

[CHERRY WALNUT COOKIES](#)

[CHOCOLATE STRAWBERRY CUPCAKES](#)

[ALMOND BUTTER BANANA SMOOTHIE](#)

[LEMON BLUEBERRY SORBET](#)

[COCOA CAROB BROWNIES](#)

[DAIRY-FREE CHOCOLATE MOUSSE](#)

[CHOCOLATE ALMOND COOKIES](#)

## **Conclusion**

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## PREFACE

It has often been said that change is progress and in the eyes of many people, change is always for the better. While technological advances and new medical discoveries have shaped modern society, not all of the changes that have occurred over the past several thousand years have been good. Whereas humans used to live simple lives, today's culture is burdened by the desire to own the "next big thing" or to hop on board with the latest fashion trend. The desire to improve has become a compulsion, a driving need for some people to the point that they are willing to do anything to get it.

This obsessive desire for improvement has spilled over into the realm of health and fitness, especially in Western cultures. Fad diets are sweeping the nation and millions of people are making drastic changes to their diets and exercise routines for the sake of achieving the "perfect" figure. While many see results while following crash diets or exercising obsessively, few realize that though they may have achieved the look they desire, they have not actually become any healthier – in many cases, these diets can actually be detrimental to one's health. In cultures dominated by processed foods and "diet" products, wholesome nutrition often seems hard to come by and many people do not even realize that it is missing from their diets.

Looking back to a simpler time, early humans living during the Paleolithic Era were hunters and gatherers – everything they ate came directly from the earth, procured by their own two hands. Agriculture has only existed for the past ten thousand years or so and the type of agriculture responsible for the production of refined sugars and enriched flours has only existed for about two hundred years. Today it is too easy to simply pull up to the local drive-in, order a burger with fries and call it a meal. Whereas Paleolithic humans dedicated much of their time to hunting and gathering food, people today rarely have to travel more than a few blocks to find something to eat. In fact, it is possible to construct a diet based on fast food alone without ever setting foot into a grocery store or preparing a meal by hand.

Unfortunately, many people choose to adopt this kind of lifestyle and, perhaps as a result, risk factors for serious health conditions have skyrocketed in recent years. In a health survey conducted in 2010, the U.S. Department of Health and Human Services determined that 9% of adults over the age of 18 had been diagnosed with diabetes and 12% were told that they had heart disease. The results of the survey also indicated that 34% of adults over the age of 18 were overweight and 28% were obese. In addition to these health-related findings, the survey also indicated that 53% of adults labeled themselves either "inactive" or "insufficiently active" in terms of aerobic activity.

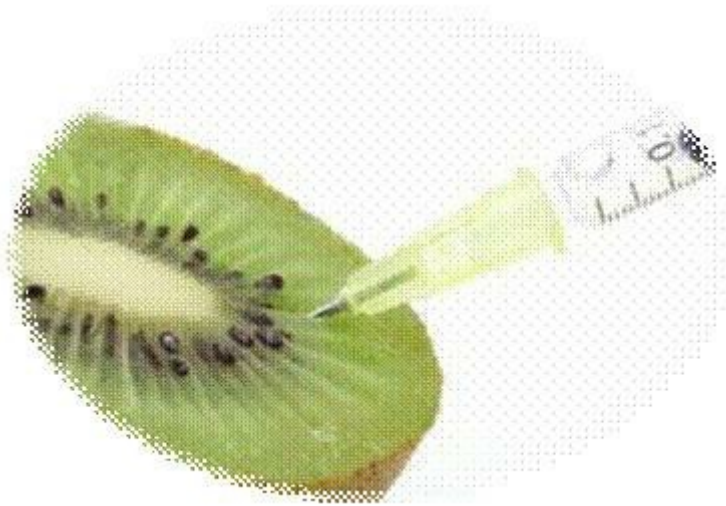
The results of this 2010 health survey indicate that significant changes have occurred since the Paleolithic Era, not only in terms of technology and agriculture, but also in human lifestyles. The availability of food is taken for granted by many and because it is no longer necessary to expend much physical effort to obtain food and other resources, many people make very little effort to stay active. Both of these factors have combined to result in a

significant decline in overall health in modern Western cultures as well as a decreased average lifespan and an increased risk for chronic illness.

Though human diets and lifestyles have changed significantly over the past fifteen thousand years, one thing has remained largely unchanged: human genetics. Scientific studies have revealed that the modern human genome is 99.9% equivalent to the human genome from the Paleolithic Era. With this evidence in mind, the dietary changes that have come about over the past several thousand years have not been out of necessity – the human body is still capable of subsisting on the same type of diet Paleolithic Era humans followed. This is the founding principle of the Paleolithic Diet.

Also referred to as the Caveman Diet or simply shortened to the Paleo Diet, this diet is based on evolutionary science and it is meant to include only those foods which would have been available to Paleolithic Era humans. While the Paleo Diet may seem like a drastic dietary change or just another fad diet to some, it is actually a healthy lifestyle change that may have numerous health benefits. By purging your body of the chemicals and toxins introduced by processed foods and hormone-laced protein sources, your body will be able to achieve the level of health and function that it was meant to achieve.

## CHAPTER 1: SCIENCE BEHIND THE PALEO DIET



The Paleo Diet is based on the fact that the human genetic code has not evolved significantly during the past ten to fifteen thousand years. This being the case, our bodies are still designed to thrive on the same diet they adapted to during the Paleolithic Era, specifically whole foods like fresh fruits, vegetables and wild game. The human body's response to food has not changed – it still digests food in the same way and we still have the same nutritional requirements. What has changed, however, is the type of food we eat.

Although Paleolithic Era humans were unable to rely on processing (and sometimes even cooking) their food, many modern diets are the product of developments in agriculture. Foods like grains including wheat and rice, as well as beans and potatoes, are inedible in a raw state and thus were not part of the Paleolithic Era diet. With the dawn of agriculture, cooking and farming methods made it possible to eat and store these foods. As a result, the number of edible foods available to man increased and many of these “new” foods displaced the staples of the Paleolithic Era diet.

It is well-known that Paleolithic Era humans were smaller, leaner and many believe lived longer than modern humans. There are many factors which can be attributed to this observation, but diet is one of the main factors. Prior to the development of agriculture, Paleolithic Era humans only had access to foods that could be consumed raw or with little cooking. These foods included vegetables, fruits, seeds, roots, fish, fowl and wild game. Foods like grains, beans and potatoes could not be consumed raw because they contain toxins that make humans sick upon consumption. With the discovery of modern cooking methods and agricultural developments, however, it eventually became possible to consume these foods safely.

As the number of foods available for consumption expanded, so did the daily caloric intake of the average human. Not only are grains, beans and potatoes easy to store and carry, but they are also more calorie-dense than the foods eaten by Paleolithic Era humans. In recent

years, developments in agriculture have gone so far as to involve genetically modifying crops to produce a greater harvest or to withstand disease. The addition of hormones and supplemental vitamins to various food sources has resulted in a drastic difference between the type of produce available today and that which would have been consumed by Paleolithic Era humans.

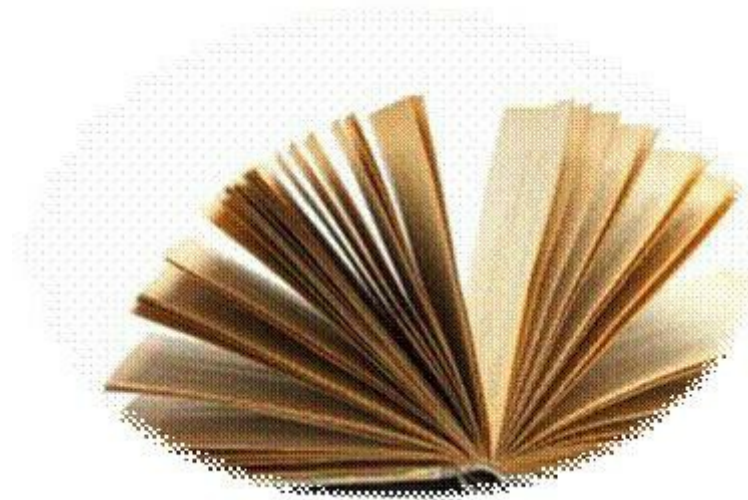
Unsurprisingly, the increase in genetic modification and hormone supplementation of food sources has led to an increase in food allergies and sensitivities in recent years. There are currently eight types of food allergens, many of which are considered Neolithic (added to the human diet after the Paleolithic Era). These eight allergens include dairy, soy, gluten, peanut, shellfish, fish, tree nuts and eggs.

If you look at the date at which each of these allergens became popular for consumption, you may notice that the more recently the food was introduced to the human diet, the more allergenic it is. Fish and shellfish, for example, have been a part of the human diet for over 150,000 years while gluten (from wheat and related grains) only spread outside the Middle East about five thousand years ago. Dairy was popularized in Europe about seven thousand years ago and peanuts did not become popular for consumption in Western cultures until the 16<sup>th</sup> century. As interesting as it is to study the history of these common allergens, it is more telling to consider the foods that are not on the list. Meat, vegetables, fruits and root starches are unlikely to trigger food allergies and these are the same foods that make up the Paleolithic Era diet.

In addition to exposing the connection between Neolithic foods and food allergies, scientific studies have also shown the nutritional benefits of the Paleo Diet versus most modern diets. Foods like grains, beans and potatoes are not only toxic when raw but they are also poor sources of vitamins. These include Vitamins A, B, C and folic acid. These foods are rich sources of carbohydrates, which once cooked, become easily digestible – this often results in a spike in glucose levels in the body. Foods that have this effect on the body are said to have a high glycemic index. The glycemic index of food sources is especially relevant for people with Diabetes – eating foods with a high glycemic index may cause a spike in blood sugar.

There have been countless surveys and studies taken to evaluate the soundness of the Paleo Diet as well as its supposed health benefits. While there are certainly those who disagree with the principles of the Paleo Diet, there is still an overwhelming amount of evidence to support it. Not only does the science of human evolution and the history of agriculture provide a firm platform for this diet, but the success stories of millions of followers continue to prove its worth.

## CHAPTER 2: HISTORY OF THE PALEO DIET



Though the original Paleo Diet was followed over fifteen thousand years ago, the modern version was only popularized during the last half century. In 1975, a gastroenterologist named Walter L. Voegtlin wrote and published a book of observations regarding Paleolithic eating habits. The name of this book was *The Stone Age Diet: Based on In-Depth Studies of Human Ecology and the Diet of Man*. To write this book, Voegtlin had engaged in a study to test the effects of a Paleolithic-style diet on patients suffering from Crohn's disease, colitis and irritable bowel syndrome. Over the course of his study, Voegtlin found that many of his patients experienced a significant improvement in their symptoms without major side effects. Though Voegtlin cannot be credited with performing a highly scientific study on the effects of the Paleolithic Diet, the diet he prescribed to his patients was based on the idea that humans were evolved to eat primarily proteins and fats with only limited carbohydrates.

Ten years after the publication of Voegtlin's book, two professors from Emory University published a paper in the *New England Journal of Medicine* regarding Paleolithic nutrition. Both S. Boyd Eaton and Melvin Konner, the authors of the paper, were anthropology professors and are credited with introducing the Paleo Diet into the mainstream medical community. In 1988, both professors teamed up with Marjorie Shostak to publish a book based on the diets of Paleolithic Era humans. Rather than focusing on the exclusion of Neolithic foods, the diet outlined in the book, called for a balance in the proportions of macronutrients (protein, fat and carbohydrate) as well as vitamins and minerals. However their diet was not based strictly on the diet of Paleolithic Era humans, because it included skimmed milk, brown rice, whole-grain bread and potatoes.

During the 1990's, the nutritional and medical benefits of the Paleo Diet were the focus of many medical professionals. Swedish doctor and researcher Staffan Lindeberg conducted studies of the population living on Kitava, one of the Triobriand Islands belonging to Papua New Guinea. The population Lindeberg studied was non-westernized and was relatively free from chronic illness like stroke, diabetes, obesity, ischemic heart disease and hypertension. Upon publishing a book explaining his findings in 1993, Lindeberg set the ball rolling for a

number of other studies regarding the relationship between Western diets and chronic disease. Lindeberg published a medical textbook on the subject 10 years later then revised and republished it in English in 2010.

Over the past twenty years, the Paleo Diet has been gaining a great deal of attention within the medical community and in recent years it has become widely accepted. Many doctors have begun to prescribe a Paleolithic-style eating plan for patients affected by chronic illness. Many individuals have also begun to follow the diet as a means of losing weight and achieving a healthier lifestyle. Though there is still plenty of debate surrounding the validity of the Paleo Diet and its health claims, the popularity of the Paleo Diet shows no signs of dying anytime soon.

## CHAPTER 3: HEALTH BENEFITS EXPLAINED



The Paleo Diet was originally developed in hopes of providing health benefits to individuals suffering from chronic illness. Not only did switching to the Paleo Diet help those individuals, but it has provided numerous health benefits for countless other individuals. Though no particular benefits can be guaranteed with any diet, switching to the Paleo Diet is a simple and effective way to improve your overall health and nutrition. In addition, you may also experience healthy weight loss, improved insulin response, relief from allergies, improved blood pressure and increased energy levels.

### **Improved Nutrition**

One of the main benefits of the Paleo Diet is that it is very rich in healthy nutrients. Modern Western diets are full of enriched flours, refined sugars and unhealthy starches that have little to no nutritional value. Combined with frequent fast food stops and prepared entrees, these foods do not make for a very healthy diet. The Paleo Diet, on the other hand, is centered upon a foundation of whole natural foods like vegetables, fruits, nuts, roots and protein. Because these foods are not processed, they still retain most of their nutrient content when you eat them. These foods provide you with nutrient-rich nourishment and will give your body the energy it needs to thrive.

### **Weight Loss**

While you are not guaranteed to lose weight after switching to the Paleo Diet, many people have found that losing weight becomes easier on the Paleo Diet. One of the reasons for this is that the Paleo Diet is centered on foods that are naturally low in calories. Foods like vegetables, fruits and lean meats are less calorie-dense than grains, starches and many processed foods. The Paleo Diet also places an emphasis on heart-healthy fats like coconut oil, olive oil and avocados rather than unhealthy fat sources like butter and vegetable oil. In addition to being lower in calories, many of the foods included in the Paleo Diet help to reduce appetite and will help make you feel full for a longer period of time. Lean protein will



sustain you for longer than carbohydrates, particularly processed carbohydrates, thus making you less likely to snack and take in extra calories your body doesn't need.

### **Improved Insulin Response**

The Paleo Diet is often recommended for individuals suffering from Diabetes because it has a low glycemic index. According to the University of Sydney, the glycemic index is a scale from 0 to 100 on which carbohydrates are ranked according to the extent to which they raise an individual's blood sugar level after consumption. Foods having a high glycemic index are quickly digested and absorbed by the body which often results in a blood sugar spike. Foods with a low glycemic index are digested slowly which helps to regulate glucose and lipid levels while also controlling appetite and delaying hunger.

### **Hypo-Allergenic**

The Paleo Diet is naturally free of many common allergens. The top eight most common food allergens are dairy, soy, shellfish, fish, peanuts, tree nuts, gluten and eggs. The Paleo Diet is both dairy- and gluten-free by nature which eliminates two of the most common allergens. Although the Paleo Diet does include nuts, peanuts are not allowed because they are considered a legume. Soy is also excluded from the Paleo Diet and eggs can easily be omitted if they are a problem. Individuals who are allergic to shellfish or fish will need to be careful no matter what diet they follow and the Paleo Diet provides plenty of alternatives to these food sources.

### **Low Sodium**

Another component of the Paleo Diet is that table salt is prohibited as well as refined and processed foods which tend to have high sodium content. This being the case, the Paleo Diet is naturally low in sodium which is particularly beneficial for individuals who have trouble with high blood pressure. Though table salt is excluded, natural sea salt can be used in cooking and to flavor foods but it is recommended that you use it sparingly.

### **Improved Energy**

Many people who switch to the Paleo Diet, experience an increase in energy levels. By ridding your body of toxins and unnatural products, it will eventually begin to work more efficiently. Processed foods and unhealthy starches have a way of slowing the body down – your body often has to make extra effort to digest these products and the unnatural ingredients may have other effects on your body. Once you exclude bad food products from your diet, your body will most likely start to function the way it was designed.

### **Reduced Bloat/Gas**

If you are eating a diet that is high in added sodium and low in fiber, bloat and gas are probably a natural part of your day. The Paleo Diet is naturally low in sodium which will help to reduce bloat. The increase in your fiber intake from the diet will help to regulate your



digestion, which should also help to reduce gas and discomfort from bloating. You may also find that cutting gluten out of your diet also provides relief from these symptoms. Many individuals suffer from undiagnosed food sensitivities/allergies and even serious conditions like Celiac Disease which can cause digestive symptoms like bloating and gas. Following the Paleo Diet is an effective way to help avoid food allergens, which will help you avoid the uncomfortable symptoms of gastro intestinal problems.

## CHAPTER 4: PALEO DIET VS OTHER DIETS



If you are reading about the Paleo Diet for the first time you may be wondering what makes it different from other diets. You have probably heard about plenty of fad diets such as the grapefruit diet, the lemonade diet and even juice cleanses. None of these diets compare to the Paleo Diet because most of them are designed for weight loss instead of a naturally healthy balanced diet. The Paleo Diet is more of a lifestyle change than a diet and it can more accurately be compared to lifestyle changes such as veganism and vegetarianism. This chapter will familiarize you with some of the other diets similar to the Paleo Diet while also providing you valuable information as to what sets the Paleo Diet apart from the rest.

### **Paleo vs Vegetarian**

The vegetarian diet is primarily fruit and vegetable-based, excluding all types of meat as well as by-products of animal slaughter, such as rennet and gelatin. Many people who follow a vegetarian diet do so out of respect for sentient life; because they have a moral or personal objection to the slaughter and consumption of animals. In some cases, people switch to a vegetarian diet for political, environmental or cultural reasons, but like the Paleo Diet, it can also be a health-related choice. Within the category of vegetarianism there are several different varieties: ovo-vegetarians consume eggs but not dairy; lacto-vegetarians consume dairy but not eggs; and ovo-lacto-vegetarians consume both eggs and dairy products.

One of the similarities between the Paleo Diet and vegetarianism is that processed foods do not play a large role in the diet. Many processed foods contain animal ingredients and the strictest vegetarians may be very conscious about consuming processed foods. Because vegetarians do not eat meat, they must obtain protein from other sources such as beans and nuts. Certain grains and vegetable sources can also be a good source of protein such as hempseed, buckwheat, quinoa, soy, amaranth and chia seed. Vegetarians often have low levels of omega-3 fatty acids and vitamin B12 in their diets so they must be careful about getting adequate nutrition.

There are many health benefits associated with a vegetarian diet, several of which overlap with the benefits of the Paleo Diet. If properly planned according to basic nutritional needs, a vegetarian diet can be very healthy and may also help to lower the risk or reduce symptoms of chronic disease. Studies have shown, for example, that mortality from ischemic heart disease was 20% to 30% lower among vegetarians than among non-vegetarians. A vegetarian diet is also naturally low in saturated fat and cholesterol while being high in fiber, potassium and antioxidants. Though a vegetarian diet can be a very healthy option, if you do not follow it properly and ensure that your body gets all the nutrients it needs, it can result in malnutrition. The Paleo Diet, on the other hand, naturally contains all of the nutrients your body needs to thrive – fats, proteins and carbohydrates.

## **Paleo vs Vegan**

The vegan diet is more similar to the Paleo Diet than vegetarianism in terms of being a lifestyle rather than simply a diet. Vegans abstain from consuming all meat and animal products including meat, honey, eggs and dairy – many vegans also choose not to wear clothing that has been made from animals such as leather and fur. Although veganism and vegetarianism are similar, the main difference is the exclusion of honey, eggs and dairy products in addition to meat. Because these two diets are so similar, the risks and benefits are also related.

Because vegans do not consume dairy, many people who follow a vegan diet have trouble reaching their daily recommended dose of certain vitamins and minerals including calcium. Dairy-free milk alternatives such as soy milk contain calcium, as does fortified tofu and certain nuts like almonds and hazelnuts. The main concern with veganism, which is true with vegetarianism as well, is that it may be difficult to get adequate protein when excluding meat from the diet. Consuming vegetarian sources of protein such as legumes, soy beans, tofu, peas and beans is necessary to achieve the recommended daily amount.

There is a great deal of scientific evidence to support the claim that plant-based diets such as veganism and vegetarianism can help to reduce the risk and progression of many degenerative diseases. Some of these diseases include diabetes, cancer, osteoporosis, dementia and coronary artery disease. People who follow a vegan diet tend to be thinner and have lower cholesterol as well as lower blood pressure than those who eat a more traditional diet. Many of the same arguments can be made for the Paleo Diet over veganism as for vegetarianism – while both diets can provide numerous health benefits, the Paleo Diet provides more balanced nutrition by including meat and eggs in the diet. Both of these foods are rich in essential nutrients which are necessary for the body to grow and function as it should.

## **Paleo VS Primal**

The primal diet, also called Primal Blueprint, is very similar to the Paleo Diet in that it is based on evolutionary science. Both diets are based on the fact that modern Western diets have significantly deviated from the diets of early humans. The main difference between these two

diets is that the primal diet does not emphasize the lower consumption of saturated fats. Proponents of the Paleo Diet believe that consuming saturated fats is linked to high cholesterol and an increased risk for heart disease. Followers of the primal diet, however, suggest that saturated fats such as butter and coconut oil provide nutrients that are essential for healthy neurological function. In addition to the health benefits of certain fats, advocates of the primal diet suggest that early humans would not have favored lean meats over other cuts, choosing to eat the whole animal including the organs, bone marrow and fat deposits.

Aside from the overlapping food list, the main similarity between these two diets is that they are both generally regarded as a lifestyle change rather than a diet. The primal diet, however, may take this idea one step further in incorporating holistic wellness practices including relaxation/meditation as well as exercise to increase muscle mass and to stave off aging.

### **Paleo VS Raw Food Diet**

The raw food diet is very similar to the Paleo Diet in terms of the foods that are included and excluded – the main difference is that nothing in the raw food diet can be heated above 118°F. In many cases, the raw food diet overlaps with the vegan diet but there are some on the raw food diet who consume raw meat and eggs as well as unpasteurized milk. The main benefit of the raw food diet is that unprocessed and uncooked foods still retain all of the vital nutrients the body needs. Many people who follow this type of diet believe that heating food above 118°F destroys the enzymes in food which helps the body to digest it properly. Because the food is raw and the nutrients and enzymes readily available, the body will absorb them more quickly.

In addition to eating mainly raw and unprocessed foods, many people who follow the raw food diet also eat organic foods because they have not been treated with chemicals or growth hormones. One reason people on the raw food diet avoid processed foods is because they contain excitotoxins like flavor enhancers which can cause excitotoxicity, a condition which has been linked to various neurological conditions. In terms of cooking, raw foodists often believe that cooking foods can produce trans fats and other toxins which have been linked to various chronic diseases. Rather than cooking certain foods like rice, people on the raw food diet will allow the grains to sprout or soak overnight so they become more easily digestible.

Though there is a great deal of research to suggest that following a plant-based diet can help to reduce the risk of chronic illness, there is little conclusive evidence to suggest that the raw food diet is more effective than diets founded on similar principles. In fact, there are several negative health effects that have been associated with this type of diet including amenorrhea, dental erosion and lower bone density. There is evidence to suggest, however, that enzymes in uncooked vegetables are released in the mouth when chewed. Because raw foods can easily be incorporated into the Paleo Diet, there is little to suggest that the raw food diet is the better option.

## CHAPTER 5: DISADVANTAGES OF THE PALEO DIET



It would be naïve to think that any major lifestyle change comes without its drawbacks. Even something as positive as switching to the Paleo Diet can have a few potentially negative repercussions, so it is wise to familiarize yourself with these things before you choose to follow this diet. Keep in mind that the benefits associated with the Paleo Diet are numerous and significant but they may be different for every person who follows the diet. Though the drawbacks associated with the Paleo Diet should not be trivialized, they are minor in comparison with the significant health benefits you are likely to see after making the switch to the Paleo Diet.

### **Fat Content**

One of the problems associated with following the Paleo Diet is not a problem with the diet itself but rather a problem with the type of food currently available. During the Paleolithic Era, humans hunted wild game and most of the meat they consumed was fairly lean as a result. To add flavor and to improve the growth rate of livestock, today's meat often has a significantly higher fat content than the type of meat Paleolithic Era humans would have consumed. This is why proponents of the Paleo Diet advocate for consuming wild or grass-fed meats because they have a lower fat content and are free from hormones.

### **Access/Availability of Food**

Another problem you may experience after switching to the Paleo Diet is limited access to or availability of acceptable foods. While most grocery store chains carry a variety of fruits, vegetables and protein sources they may not have much of a selection for organic produce. You may also need to go to a specialty store to find wild-caught fish, grass-fed meats and other Paleo Diet basics. Condiments should not be too much of an issue because, if you choose to strictly follow the Paleo Diet, you will likely be making your own. For the most part, all you will need is simple ingredients like spices to make your own condiments. If you are not familiar with alternative cooking products like coconut oil, almond milk and ghee, your

shopping trips may take you a little longer at first until you become familiar with the products you need and where to find them.

## **Inconvenience**

Going out to eat or sharing a meal with friends is a major aspect of entertainment in Western cultures and if you are following the Paleo Diet, you may find it to be a little challenging. Any time you go out to eat you cannot be completely sure what ingredients the restaurant uses or what cooking methods the chefs employ. For this reason, it is difficult to ensure that the food you eat at a restaurant is strictly Paleo. Luckily, many restaurants are becoming vegan- and vegetarian-friendly and in many cases, these diets overlap with the Paleo Diet. Don't feel like you have to resign yourself to never eating at a restaurant or sharing a meal with friends again – you just need to be responsible about finding a restaurant that will fit within your new dietary plan.

## CHAPTER 6: ESTIMATED COST OF THE PALEO DIET



One of the most commonly cited excuses given by people for not improving their diet is that healthy food is “too expensive.” While you may see your grocery bills increase if you suddenly switch from buying cartloads of Ramen noodles and boxed macaroni and cheese to quality cuts of beef and organic produce, it is important to maintain the proper perspective. When it comes to evaluating the cost of following the Paleo Diet there are several things you need to consider. First, be aware that if your kitchen is not already stocked with some of the basics you may have some startup costs to take care of. You should also keep in mind that there are always ways to save money on food, regardless which diet you are trying to follow.

### Startup Costs

When you make the choice to follow the Paleo Diet you are probably going to go through a transition period while you figure out the rules of the plan. The first thing you’ll have to do is clean out your cupboards to make room for all of your Paleo-friendly foods. Don’t think that you are going to have to throw away all of your food and simply start over – depending what kind of diet you currently follow, you will probably be able to keep much of your current foods. Your startup costs for the Paleo Diet will vary according to how big your family is and what type of cooking you normally do. If it is just you and your spouse, your startup costs (and total costs) will be lower than those of a family of four or six. If you like to do a lot of baking, you may also have the added cost of stocking up on Paleo-friendly flours and other baking ingredients.

In terms of startup costs, you should only factor in the basics. Things like pure spices, cooking oil and sweetener should be included in your startup costs as well as baking materials, thickeners and flavorings. The type of spices you buy will depend largely on your tastes, but if you don’t have any spices then you should start with some of the basics: sea salt, black pepper, cumin, dried herbs, curry powder, chili powder, garlic powder and ground cinnamon. If you plan to do a lot of baking, you may also need to add ground nutmeg, vanilla extract and other ground spices like clove and ginger.



As for cooking oil, the Paleo Diet allows for coconut oil, olive oil, bacon fat, lard, coconut milk and ghee. For startup purposes, you will probably only need coconut oil, olive oil and coconut milk. Because the Paleo Diet excludes refined sugars you will need to rely on natural sweeteners like raw honey, agave nectar and pure maple syrup. In terms of other flavorings you can use things like coconut aminos in place of soy sauce, minced garlic, fruit juice, fresh herbs and balsamic vinegar. You may also want to purchase a small bag of either almond flour or coconut flour to use in baking and thickening. You will still be able to use regular baking soda and baking powder.

Estimated Startup Cost: \$75 to \$150

## **Weekly Costs**

Once you have stocked up on the basics, your weekly grocery shopping shouldn't be drastically different from normal. You will need to replenish your supply of fresh fruits and vegetables as well as sources of lean protein like beef, chicken, shrimp and fish. One thing you should be aware of is that grass-fed meats and wild-caught fish are likely to be more expensive than regular cuts so you will need to decide for yourself which option is within your budget. Your costs may also vary according to whether you choose to purchase organic produce or not – organic produce is more expensive but it often lasts longer and doesn't contain any harsh chemicals or growth agents.

Estimated Weekly Costs (family of 2): \$100 to \$150

## **Tips for Saving Money**

No matter which diet you follow, or if you don't follow any particular diet, there are plenty of ways to save money on food. One of the most cost-effective ways to go grocery shopping is to buy in bulk. Certain products that have a long shelf-life are often much cheaper if you buy them in bulk and transfer them to smaller containers for daily use. One example is olive oil – purchasing a small bottle of olive oil that lasts a few weeks can cost \$6 to \$8 while a large bottle that lasts all year might cost you \$45. Another great way to save money is to purchase your meat in bulk directly from the farmer. In purchasing a half or quarter of beef, lamb, pork or bison you can save a great deal of money while also stocking your freezer for weeks or months at a time. If purchasing directly from the farmer is not an option for you, you can also save money by purchasing from warehouse stores like Sam's Club and Costco.

If you prefer not to buy in bulk, there are still ways you can save money on meat. Purchasing bone-in and inexpensive cuts of meat such as shoulder, hocks and shanks is a great way to cut your grocery costs. Though these cuts cannot be prepared as quickly as some of the most tender cuts, cooking them in a slow cooker is very simple and will impart a great deal of flavor. Purchasing your meat bone-in also gives you the option of using the bone to prepare your own stock or broth. You can then use that broth to make your own soup.

When it comes to fresh produce, the local farmers market will become your best friend.



You can spend a fortune purchasing organic produce at high-end supermarkets. It is possible to pay a fraction of the cost for produce if bought straight from the farm. Take advantage of seasonal produce, stocking up on fresh fruits and berries during the summer and load up your freezer for smoothies and desserts over the winter. Keep in mind that out-of-season produce will always be more expensive so try to adjust your meal plan to make use of in-season fruits and vegetables. You may also be able to save money using coupons to purchase organic canned fruits and vegetables. If you do, be sure that there are no additives and that the inside of the can has not been treated with chemicals.

When it comes to seafood there are also ways to save money. You may be surprised to find that Alaskan wild canned salmon is actually a good source of salmon while also being quite affordable compared to fresh salmon. Canned sardines and tuna are also very affordable. Another option is to purchase whole fish from a fishmonger – in addition to giving you more bang for your buck, buying the fish whole also ensures that you don't lose any valuable nutrients and the flesh of the fish will be less exposed to bacteria. Most fishmongers will still gut and scale the fish for you, so purchasing whole fish should not be a great deal of extra work.

## CHAPTER 7: LIST OF PALEO DIET FOODS



By now you probably understand the basic underlying principle of the Paleo diet – eat the foods Paleolithic humans might have eaten and avoid everything else. If you are familiar with dieting, you may be tempted to think about the Paleo diet in terms of what you cannot eat. Because the Paleo diet is more than just a fad diet you should think of it as a lifestyle change or a nutritional reset, rather than a list of foods you can no longer enjoy.

If you think about it, learning the rules of the Paleo diet is actually quite simple: only consume natural, whole foods that do not require processing in order to be edible. This includes all forms of wild game, fish, vegetables, fruits, nuts, berries, seeds and pure spices. To help you get started on the Paleo diet, below is a list of all of the approved foods divided by category:

## *Protein*



Scallops	Beef
Goose	Chicken
Sausage	Bison
Bacon	Lamb
Eggs	Quail
Tuna	Venison
Oysters	Pork
Fish	Veal
Clams	Duck
Shrimp	Turkey
Sardines	Wild Game Meat

## *Nuts and Seeds*



Macadamia Nuts	Almonds
Pine Nuts	Brazil Nuts
Pistachios	Cashews
Pumpkin Seeds	Chestnuts
Sesame Seeds	Hazelnuts
Sunflower Seeds	Pecans
Walnuts	

## *Vegetables*



Asparagus	Arugula
Artichoke	Beets
Bell Peppers	Broccoli
Bok Choy	Brussels Sprouts
Celery	Carrots
Cabbage	Cauliflower
Cucumber	Collard Greens
Dandelion Greens	Eggplant
Endive	Green Onions
Kale	Kohlrabi
Lettuce	Leeks
Mustard Greens	Mushrooms
Onions	Parsnips

## *Oils and Fats*



Avocado	Olive Oil
Coconut Oil	Flaxseed Oil
Grape Seed Oil	Ghee
Coconut Butter	Almond Butter
Sun Butter	Cashew Butter

## *Fruits*



Apples	Apricot
Blueberries	Blackberries
Banana	Boysenberries
Cherries	Cranberries
Cantaloupe	Figs
Frozen Fruit	Grapes
Guava	Grapefruit
Honeydew	Kiwi
Lime	Lemon
Lychee	Mango
Melon	Orange
Peaches	Persimmon
Papaya	Plantains
Plums	Pomegranate
Pears	Pineapple
Passion Fruit	Raspberries
Star Fruit	Strawberries
Tangerine	Watermelon



## *Fruits*



Apples	Apricot
Blueberries	Blackberries
Banana	Boysenberries
Cherries	Cranberries
Cantaloupe	Figs
Frozen Fruit	Grapes
Guava	Grapefruit
Honeydew	Kiwi
Lime	Lemon
Lychee	Mango
Melon	Orange
Peaches	Persimmon
Papaya	Plantains
Plums	Pomegranate
Pears	Pineapple
Passion Fruit	Raspberries
Star Fruit	Strawberries
Tangerine	Watermelon



## *Herbs and Spices*



Balsamic Vinegar	Red Wine Vinegar
Baking Soda	Coconut
Aminos	Broths/Stocks
Cilantro	Parsley
Fennel Dill	Oregano
Thyme	Rosemary
Basil	Cumin
Allspice	Marjoram
Chili Powder	Cayenne Pepper
Cinnamon	Nutmeg
Paprika	Turmeric
Curry	Coriander
Cardamom	Ginger
Dry Mustard	Sea Salt
Black Pepper	Apple Cider Vinegar

## CHAPTER 8: SAMPLE WEEKLY PALEO DIET MEAL PLAN



The hardest part of starting a new diet, or making any kind of major life change, is getting past the first few days. Change does not come easy to many people and if you do not get a running start right out of the gate, you are less likely to experience long-term success. Because the Paleo diet is designed to be more of a lifestyle change than a temporary diet, it is especially important that you get started on the right foot. After reading this book you hopefully have a better understanding of what the Paleo diet is and how to incorporate it into your life.

Even if you have read and understand the basics, it can still be a challenge to take that first step. This sample weekly meal plan is designed to help you get up and running with the Paleo diet. After you have gotten into the habit of following the guidelines of the plan for seven days you will be ready to keep going on your own. Feel free to continue using this meal plan for as long as you like and do not be afraid to make changes to the recipes. Remember, the goal of going Paleo is to transform your diet to become healthier – by customizing recipes to suit your tastes.

## 7-Day Paleo Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
Day 1	Blueberry Pancakes	Tomato Basil Soup	Mixed Nuts	Beef and Veggie Stir-Fry
Day 2	Banana Walnut Muffins	Spinach and Mandarin Salad	Celery and Almond Butter	Baked Pork Chops
Day 3	Green Smoothie	Baked Chicken with Veggies	Apple Chips	Turkey Burgers
Day 4	Breakfast Scramble	Egg Salad on Lettuce	Zucchini Fritters	Spicy Chicken Curry
Day 5	Sweet Potato Hash Browns	Chicken and Vegetable Soup	Fruit Salad	Haddock with Citrus Salsa
Day 6	Fruit Smoothie	Apple Pecan Salad	Kale Chips	Chicken Cacciatore
Day 7	Veggie Omelet	Beef Stew	Trail Mix	Stuffed Peppers

## 7-Day Paleo Meal Plan: Day 1



### Day 1 Breakfast: Blueberry Pancakes

#### Ingredients:

- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 1 cup unsweetened applesauce
- 1/2 cup water
- 4 eggs, beaten
- 1/2 tsp. sea salt
- 1 cup fresh blueberries
- Cooking oil

#### Instructions:

- 1. Combine the almond flour, coconut flour, applesauce, water, eggs and salt in a large bowl. Whisk until well combined.
- 2. Heat a nonstick pan over medium heat then coat with cooking oil.
- 3. Scoop some of the batter and drop it into the middle of the pan. Drop a handful of blueberries into the batter.
- 4. Allow the pancake to cook for 2 to 3 minutes or until the underside browns.
- 5. Flip the pancake and cook until lightly browned on the other side.
- 6. Transfer pancake to a plate and repeat with remaining batter.

## **Day 1 Lunch: Tomato Basil Soup**

### **Ingredients:**

- 2 lbs. tomatoes, cut in half
- 1 onion, sliced
- 2 tbsp. olive oil
- 3 cloves garlic, sliced
- 1 cup vegetable stock
- 1/2 cup chopped basil leaves
- 1/2 cup canned coconut milk
- 1 tsp. dried oregano
- 1/4 tsp. pepper

### **Instructions:**

- 1. Preheat the oven to 375°F.
- 2. Combine the tomato halves, onions and garlic on a baking sheet and drizzle with olive oil. Sprinkle with pepper.
- 3. Bake at 375°F for 45 minutes, turning halfway through.
- 4. Transfer the vegetables to a stockpot and stir in the vegetable stock, basil and oregano. Bring to a boil.
- 5. Blend the soup with an immersion blender then reduce heat and simmer for 30 minutes.
- 6. Stir in the coconut milk and serve hot.

## **Day 1 Snack: Mixed Nuts**

### **Ingredients:**

- 1/4 cup whole cashews
- 1/4 cup toasted almonds
- 1/4 cup toasted Brazil nuts
- 1/4 cup walnut halves
- 1 tsp. sea salt

### **Instructions:**

- 1. Combine the nuts in a bowl and toss with salt.

## **Day 1 Dinner: Beef and Veggie Stir-Fry**

### **Ingredients:**

- 1 lbs. boneless beef sirloin, sliced
- 2 cups broccoli florets
- 1 onion, chopped
- 1 green pepper, chopped
- 1 carrot, sliced
- 1 can bamboo shoots, drained
- 2 cloves garlic, minced
- 1/4 cup coconut aminos
- 2 tbsp. arrowroot powder
- 2 tbsp. water
- 1 tbsp. raw honey
- 1/2 tsp. ground ginger
- Olive oil

### **Instructions:**

- 1. Whisk together the garlic, coconut aminos, arrowroot powder, water, honey and ginger in a small bowl. Set aside.
- 2. Heat a large skillet over medium heat and add olive oil. Sauté the broccoli until tender, about 8 minutes. Remove the broccoli to a bowl.
- 3. Add more olive oil if necessary and repeat with the remaining vegetables.
- 4. Add the beef to the skillet and cook for 2 minutes on each side until lightly browned. Push the beef to the sides of the pan; pour the sauce into the middle.
- 5. Let the sauce cook for 2 to 3 minutes until bubbly. Add the vegetables and stir.
- 6. Cook for 3 minutes or until heated through. Serve hot.



## 7-Day Paleo Meal Plan: Day 2



### Day 2 Breakfast: Banana Walnut Muffins

#### Ingredients:

- 1 1/2 cups coconut flour
- 1/2 cup almond meal
- 4 ripe bananas, mashed
- 3 eggs, room temperature
- 1/4 cup coconut oil, melted
- 1/4 cup raw honey
- 2 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 tsp. sea salt
- 1/2 cup walnuts, chopped

#### Instructions:

- 1. Preheat the oven to 350°F. Line two muffin pans with paper liners and set aside.
- 2. Combine the flours, baking soda, ground cinnamon and salt in a small bowl.
- 3. Blend the bananas, eggs and coconut oil in a food processor. Pulse smooth.
- 4. Stir the banana mixture into the dry ingredients then fold in the chopped walnuts.
- 5. Scoop the batter into the prepared pans, filling each muffin cup about 2/3 full.
- 6. Bake at 350°F for 25 minutes or until knife inserted in center comes out clean.
- 7. Let cool in pans for 5 minutes then turn out onto wire racks to cool completely.



## **Day 2 Lunch: Spinach and Mandarin Salad**

### **Ingredients:**

- 2 cups baby spinach
- 1/4 cup red onion, chopped
- 1/2 cup mandarin oranges, drained
- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tbsp. balsamic vinegar
- 1 tsp. raw honey
- Pinch sea salt

### **Instructions:**

- 1. Wash the spinach and pat it dry with paper towels. Transfer to a bowl and combine with the red onions and mandarin oranges.
- 2. Whisk together the remaining ingredients and pour over the salad. Toss to coat.

## **Day 2 Snack: Celery and Almond Butter**

### **Ingredients:**

- 4 to 6 stalks celery
- 1 cup roasted almonds
- 1 tbsp. raisins
- 1 tsp. raw honey

### **Instructions:**

- 1. Combine the almonds and honey in a food processor and blend until smooth.
- 2. Spread the almond butter on the celery and top with raisins.

## **Day 2 Dinner: Baked Pork Chops**

### **Ingredients:**

- 4 pork loin chops
- 1 tsp. olive oil
- 1/2 tsp. sea salt
- 1/4 tsp. paprika
- 1/4 tsp. black pepper

### **Instructions:**

- 1. Preheat the oven to 425°F.
- 2. Brush the chops with olive oil then season with spices.
- 3. Place on a roaster pan and bake at 425°F for 30 minutes or until cooked through.

## 7-Day Paleo Meal Plan: Day 3



### Day 3 Breakfast: Green Smoothie

#### Ingredients:

- 1 cup raw spinach
- 1 banana, frozen
- 1/2 cup orange juice
- 1/4 cup coconut milk
- 1 tbsp. raw honey
- 3 to 4 ice cubes

#### Instructions:

- 1. Combine all ingredients in the blender and blend until smooth.

### **Day 3 Lunch: Baked Chicken with Veggies**

#### **Ingredients:**

- 1 lbs. chicken legs and thighs
- 1 tbsp. coconut oil
- 2 cloves garlic, minced
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup carrots, sliced
- 1 tsp. sea salt
- 1/2 tsp. chili powder
- 1/2 tsp. cumin
- 1/4 tsp. pepper

#### **Instructions:**

- 1. Preheat the oven to 350°F.
- 2. Season the chicken with sea salt, chili powder, cumin and pepper.
- 3. Heat the coconut oil in a skillet over medium heat. Add the garlic and cook until fragrant, about 2 minutes.
- 4. Add the chicken and cook for 3 minutes on both sides or until lightly browned.
- 5. Transfer the chicken to a glass baking dish and add the vegetables to the skillet. Cook for 5 minutes, stirring frequently.
- 6. Spoon the vegetables into the baking dish on top of the chicken.
- 7. Bake at 350°F for 35 to 45 minutes or until chicken reaches an internal temperature of 165°F. Serve hot with vegetables.

### **Day 3 Snack: Apple Chips**

#### **Ingredients:**

- 2 apples
- 1 tsp. ground cinnamon

#### **Instructions:**

- 1. Preheat the oven to 225°F.
- 2. Line a baking sheet with parchment paper and set aside.
- 3. Core the apples and slice them thin. Arrange the slices on the baking sheet and sprinkle with cinnamon.
- 4. Bake at 225°F for 30 minutes. Flip the slices then bake for another 45 to 60 minutes until the moisture has dried out.
- 5. Remove from oven and let sit until crispy.

## **Day 3 Dinner: Turkey Burgers**

### **Ingredients:**

- 1 lbs. lean ground turkey
- 1 clove garlic, minced
- 1/2 cup mushrooms, sliced
- 1/4 cup chopped cilantro
- 2 tbsp. almond flour
- 2 tbsp. diced red onion
- 1/2 tsp. chili powder
- 1/4 tsp. pepper

### **Instructions:**

- 1. Preheat the broiler in your oven, heating it on low.
- 2. Combine the mushrooms and garlic in a food processor and pulse until coarsely chopped.
- 3. Stir together all ingredients in a bowl, mixing by hand until well combined. Divide the mixture in four and shape into patties.
- 4. Cook the patties on a greased baking sheet under the broiler until they reach an internal temperature of 165°F.

## 7-Day Paleo Meal Plan: Day 4



### Day 4 Breakfast: Breakfast Scramble

#### Ingredients:

- 2 eggs, beaten
- 2 slices bacon, chopped
- 1/4 cup onion, diced
- 1/4 cup green onion, diced
- 1 green onion, sliced
- 1/2 tsp. sea salt
- 1/4 tsp. pepper

#### Instructions:

- 1. Heat a skillet over medium heat and add the bacon. Cook until crisp then scoop out with a slotted spoon and drain on paper towels.
- 2. Whisk together the eggs, salt and pepper then pour into the hot skillet. Cook for 2 minutes then stir with a spatula.
- 3. Cook until the egg is almost set then add the remaining ingredients including the bacon.
- 4. Cook for 3 minutes more or until the egg is set. Serve hot.



## **Day 4 Lunch:** Egg Salad on Lettuce

### **Ingredients:**

- 2 hardboiled eggs, shell removed
- 1 avocado
- 1 stalk celery, diced
- 1 tbsp. diced red onion
- 1 tbsp. canned coconut milk
- 1/4 tsp. pepper

### **Instructions:**

- 1. Combine the eggs and avocado in a bowl and mash them together with a fork.
- 2. Stir in the celery, onion, coconut milk and pepper.
- 3. Serve on a bed of lettuce.

## **Day 4 Snack: Zucchini Fritters**

### **Ingredients:**

- 1 large zucchini
- 1/4 cup onion, minced
- 2 eggs, beaten
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. almond flour
- 1/4 tsp. pepper

### **Instructions:**

- 1. Preheat the oven to 350°F. Grease a mini muffin pan and set aside.
- 2. Chop the zucchini in a food processor then spread it out on paper towels. Blot the zucchini dry, squeezing out as much moisture as you can.
- 3. Whisk the eggs in a large bowl then whisk in the almond flour and pepper.
- 4. Stir together the zucchini, onion and egg mixture in a bowl.
- 5. Scoop the mixture into the prepared muffin pan and bake at 350°F for 10 to 12 minutes or until browned.
- 6. Turn out onto a wire rack and cool for 5 minutes before serving.

## **Day 4 Dinner: Spicy Chicken Curry**

### **Ingredients:**

- 1 lbs. boneless skinless chicken breast, cubed
- 1 tbsp. coconut oil
- 2 cloves garlic, minced
- 1 onion, diced
- 1 red pepper, chopped
- 1 green pepper, chopped
- 2 cups diced tomatoes
- 1 cup organic chicken broth
- 2 tbsp. curry powder
- 1/2 cup canned coconut milk

### **Instructions:**

- 1. Heat the coconut oil in a skillet over medium heat. Add the garlic and cook for 2 minutes or until browned lightly.
- 2. Stir in the onion and peppers then cook until softened, about 6 to 8 minutes.
- 3. Add the diced tomatoes, chicken stock and curry powder Stir in the chicken.
- 4. Reduce heat and simmer, uncovered, for 30 minutes.
- 5. Stir in the canned coconut milk and simmer for an additional 5 minutes or until slightly thickened. Serve hot.

## 7-Day Paleo Meal Plan: Day 5



### **Day 5 Breakfast:** Sweet Potato Hash Browns

#### **Ingredients:**

- 2 large sweet potatoes, chopped
- 1 tbsp. coconut oil
- 1/2 onion, chopped
- 1 green onion, sliced

#### **Instructions:**

- 1. Heat the coconut oil in a skillet over medium heat.
- 2. Add the sweet potatoes and onion. Sauté until the sweet potatoes are tender, about 10 to 15 minutes.
- 3. Stir in the green onion and cook 1 minute more. Serve hot.

## **Day 5 Lunch: Chicken and Vegetable Soup**

### **Ingredients:**

- 2 cups cooked chicken, shredded
- 1 tbsp. coconut oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 carrots, sliced
- 2 stalks celery, sliced
- 1 cup sliced summer squash
- 1 cup baby spinach
- 1 tsp. dried oregano
- 1/2 tsp. poultry seasoning
- 1/2 tsp. pepper
- 6 cups chicken stock

### **Instructions:**

- 1. Heat the coconut oil in a large stockpot over medium heat then add the garlic. Cook for 2 minutes.
- 2. Add the onion, carrots and celery and cook until tender, about 10 minutes, stirring frequently.
- 3. Stir in the remaining ingredients and bring to a boil.
- 4. Reduce heat and simmer, covered for 30 minutes. Serve hot.

## **Day 5 Snack: Fruit Salad**

### **Ingredients:**

- 1 kiwi, peeled and sliced
- 1 cup strawberries, halved
- 1/2 cup fresh blueberries
- 1/2 cup seedless grapes

### **Instructions:**

- 1. Combine all ingredients in a bowl and enjoy.

## **Day 5 Dinner:** Haddock with Mango Citrus Salsa

### **Ingredients:**

- 1 lbs. haddock fillet
- 1 tbsp. olive oil
- 1 mango, seeded and chopped
- 1 navel orange, sectioned and chopped
- 2 tbsp. fresh cilantro, chopped
- 2 tbsp. red onion, minced
- 1 tbsp. lemon juice

### **Instructions:**

- 1. Preheat the oven to 350°F. Lightly grease a baking sheet and set aside.
- 2. Brush the fish with olive oil. Lay the haddock skin-side down on the prepared baking sheet.
- 3. Bake at 350°F for 12 to 15 minutes or until the fish flakes easily with a fork.
- 4. Combine the remaining ingredients in a bowl and serve on top of the hot haddock.

## 7-Day Paleo Meal Plan: Day 6



### **Day 6 Breakfast:** Fruit Smoothie

#### **Ingredients:**

- 1 banana, frozen
- 1 mango, peeled and sliced
- 1/2 cup strawberries, frozen
- 1/2 cup orange juice
- 1/4 cup coconut milk
- 1 tbsp. raw honey

#### **Instructions:**

- 1. Combine all ingredients in a blender.
- 2. Pulse to blend. Add ice to thicken, if desired.



## **Day 6 Lunch: Apple Pecan Salad**

### **Ingredients:**

- 8 cups mixed greens
- 1 apple, cored and sliced
- 1 tbsp. coconut oil
- 1/2 cup pecan halves
- 2 tbsp. olive oil
- 2 tbsp. apple cider vinegar
- 2 tbsp. organic apple juice
- 1 tbsp. raw honey
- Pinch sea salt

### **Instructions:**

- 1. Heat the coconut oil in a skillet over medium heat.
- 2. Add the pecans to the skillet and cook for 5 or until lightly toasted, stirring often to prevent burning. Drain on paper towels.
- 3. In a small bowl, whisk together the olive oil, apple juice, vinegar, honey and salt. Set aside.
- 4. Wash and dry the greens then combine them in a large bowl with the sliced apple. Toss the mixture in the dressing then top with toasted pecans and serve immediately.

## **Day 6 Snack: Kale Chips**

### **Ingredients:**

- 1 bunch fresh kale
- 1 tbsp. olive oil
- Coarse sea salt

### **Instructions:**

- 1. Preheat the oven to 350°F.
- 2. Wash the kale and remove the stems. Cut into large chunks and arrange on a baking sheet.
- 3. Drizzle the kale with olive oil and sprinkle with sea salt. Toss the kale to coat evenly with oil.
- 4. Bake at 350°F for 12 to 15 minutes or until crispy.

## **Day 6 Dinner: Slow Cooker Chicken Cacciatore**

### **Ingredients:**

- 2 lbs. boneless chicken, cut into chunks
- 1 tbsp. coconut oil
- 2 cloves garlic, minced
- 1 onion, sliced
- 1 green pepper, chopped
- 1 stalk celery, sliced
- 1 cup mushrooms, sliced
- 1 cup diced tomatoes
- 1 tsp. dried oregano
- 1/2 tsp. pepper

### **Instructions:**

- 1. Heat the coconut oil in a Dutch oven over medium heat. Add the garlic and cook until fragrant, about 2 minutes.
- 2. Add the chicken and cook until browned evenly, about 8 minutes.
- 3. Remove the chicken with a slotted spoon and add the vegetables. Cook until tender, about 10 minutes.
- 4. Add the chicken and the remaining ingredients to the skillet and stir to combine.
- 5. Bring to a boil then reduce heat and simmer, covered, for 30 minutes. Serve hot.

## 7-Day Paleo Meal Plan: Day 7



### Day 7 Breakfast: Veggie Omelet

#### Ingredients:

- 2 large eggs
- 1/4 cup onion, diced
- 1/2 green pepper, diced
- 1/2 cup mushrooms, sliced
- 1 small tomato, diced
- 1 tsp. coconut oil
- 1/4 tsp. pepper

#### Instructions:

- 1. Heat a nonstick pan over medium heat. Add the coconut oil and heat until melted.
- 2. Whisk together the egg and pepper. Pour the egg into the pan and rotate it until it is evenly coated.
- 3. Let the egg cook for 2 minutes then use a spatula to scrape down the sides, allowing uncooked egg to fill in the gaps.
- 4. Cook the egg until almost set then sprinkle the veggies over one half of the omelet. Cover and cook for 3 minutes.
- 5. Fold the other half of the omelet over top of the veggies and cook one minute longer. Serve hot.

## **Day 7 Lunch: Beef Stew**

### **Ingredients:**

- 3 lbs. boneless beef roast
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 3 carrots, sliced thick
- 2 sweet potatoes, chopped
- 1 onion, quartered
- 1 cup mushrooms, halved
- 1 cup beef broth
- 1 sprig rosemary
- 1 tsp. dried oregano
- 1/2 tsp. pepper

### **Instructions:**

- 1. Heat a large skillet over medium heat and add the oil. Add the garlic and cook until fragrant, about 2 minutes.
- 2. Add the beef and cook for 3 minutes on each side or until evenly browned.
- 3. Combine the onions, carrots and cabbage in a slow cooker and add the browned beef roast on top.
- 4. Whisk together the oregano, pepper and beef broth. Pour it into the slow cooker and place the rosemary on top.
- 5. Cover and cook on low heat for 6 to 8 hours until the beef is tender. Add the diced sweet potatoes during the last hour of cooking.
- 6. Remove and discard the rosemary then serve hot.

## **Day 7 Snack: Trail Mix**

### **Ingredients:**

- 1 cup whole cashews
- 1/2 cup toasted almonds
- 1/2 cup pumpkin seeds
- 1/2 cup walnut halves
- 1/2 cup raisins
- 1/2 cup dried cherries
- 1 tsp. sea salt
- 1/2 tsp. paprika

### **Instructions:**

- 1. Combine the nuts in a large bowl. Toss with the salt and paprika.
- 2. Store in an airtight container.

## **Day 7 Dinner: Stuffed Peppers**

### **Ingredients:**

- 6 bell peppers, cored
- 3/4 lbs. ground sausage
- 2 cloves garlic, minced
- 4 cups cauliflower florets
- 1 onion, diced
- 1 cup organic tomato sauce
- 1 tsp. dried oregano
- 1/2 tsp. pepper

### **Instructions:**

- 1. Preheat the oven to 375°F.
- 2. Pulse the cauliflower in a food processor until it is finely chopped.
- 3. Heat a skillet over medium heat and brown the sausage then drain off the fat.
- 4. Combine with the cauliflower, onion, tomato sauce, oregano and pepper.
- 5. Stuff the peppers with the sausage mixture and place them upright in a glass baking dish.
- 6. Bake at 375°F for 45 minutes or until peppers are tender.



## **BONUS: EXTRA PALEO DIET TIPS AND RECIPIES**

### **Start Slow**

Before making any kind of significant change to your lifestyle it is important that you think carefully about the decision and consult your Doctor. If, after reading this book, you still think that the Paleo Diet is right for you then you should start off slow. Depending on what kind of diet you are currently following, it may take some time for your body to adjust. Not only will your body begin shedding the toxins you have been consuming, but it will also need time to adjust to the increase in fiber intake.

To ease into the transition, start off by just having a Paleo Diet breakfast for a few days. If your current diet has a high carb intake, you may not feel well if you reduce your carb intake too quickly. After you've had a Paleo Diet breakfast for two or three days, add in lunch and then transition into adding dinner as well. You can draw from the sample Paleo Diet meal plan for meal ideas during this transition phase.

### **Where to Find Paleo-Friendly Food**

In addition to the cost of changing your diet, you may also be concerned about where you are going to find food that fits into the Paleo Diet guidelines. Finding Paleo-friendly food is not as difficult as you may think, you just have to know where to look. If you live near a city, you are likely to have many different options when it comes to health food stores. Chains like Whole Foods and Trader Joes offer many Paleo-friendly options and you should not overlook local stores like food co-ops and farmers markets. Another great option to look into is community supported agriculture, sometimes called "farm shares." These programs allow the consumer to purchase food directly from the farmer and it is a great way to buy fresh, seasonal produce, often at lower costs than you would find in the grocery store.

If you are concerned about the cost of shopping at health food stores, you should know that you can find Paleo-friendly foods at your local supermarket. You do not necessarily need to eat completely organic to follow the Paleo Diet so if organic produce doesn't fit into your budget, your regular shopping routine may not change significantly after you switch to the Paleo Diet. Even if you choose not to eat organic, you should still take advantage of your local farmers markets during the spring and summer to purchase fresh produce at a reduced cost. If you have the space, you might even consider starting your own vegetable or herb garden. Most herbs are simple to grow in containers and vegetables like beans, tomatoes and zucchini are relatively easy to grow.

After determining where you are going to do your shopping you may want to think about creating a game plan before you head to the store. Most people do not have an unlimited budget for grocery shopping so you need to shop smart. Your first stop upon entering the grocery store should be the meat counter – meat, fish and eggs should account for the majority of your grocery budget. Proponents of the Paleo Diet advocated for purchasing grass-fed or pastured meats and wild-caught fish. Whether or not you choose to follow this guideline is up to you.

When it comes to eggs, you may balk at the thought of paying \$5 for a carton of organic eggs, but just remember that one carton can be used for up to four meals.

The produce section should be the next stop on your list. Start with vegetables and try to stick with seasonal, nutrient-dense choices. Dark-colored, leafy vegetables like spinach, kale and cauliflower are packed with nutrients and are very affordable in-season. Try to avoid things like celery and iceberg lettuce because these foods contain relatively few nutrients. Frozen vegetables are another option if you are looking for ways to save time or money – canned vegetables are another money-saving option. When it comes to fruit, you will save money if you stick to seasonal selections. If you don't have a lot of money to devote to this portion of your budget, stick to the basics like apples and oranges and wait for things like berries and melons to come into season.

In addition to protein and fiber sources, a healthy Paleo Diet should also contain some healthy fats. While things like butter aren't included in the Paleo Diet, coconut milk and avocados are a staple in the Paleo diet. Nuts and seeds are another great way to get some heart-healthy fats, but just be careful how much you consume. If you can, you will save money by purchasing nuts in bulk rather than packaged. You should also be sure to keep a ready supply of olive oil and coconut oil on hand for cooking. If you follow these tips, grocery shopping should not be a hassle.

## **Tips for Eating Out**

Switching to the Paleo Diet is a choice that should improve your life, not make it more difficult. That being said, you may find things like eating out at restaurants to be more challenging, but it is certainly not impossible. The key to sticking to your Paleo Diet while eating out is to do a little research ahead of time to choose a Paleo-friendly restaurant. The first thing you should do is look for a restaurant that uses fresh ingredients – if you can find one that sources local, organic products then that is even better. When you are looking over the menu, try to stay away from burgers and sandwiches because these options tend to be covered in cheese and served on a bun. If the restaurant is willing to serve the item without cheese and with no bun, however, don't hesitate to try it.

Another Paleo-friendly option is to order a salad with extra meat or hardboiled eggs so you can get a healthy amount of both fiber and protein in one meal. When ordering salads, try to stick to simple dressings like olive oil and vinegar because many premade dressings have added sugar and artificial flavors. When eating at ethnic restaurants you will need to look out for dishes that come with rice or noodles – at Mexican restaurants, order your dish without the rice and beans and, at Asian restaurants, go for dishes without noodles or rice.

If you choose to strictly follow the guidelines of the Paleo Diet you may need to make a little extra effort in communicating with the restaurant staff. You will need to ask questions regarding what kind of oil is used to cook the food, whether the meat is battered with flour and whether milk or cheese are used to prepare a certain dish. For the most part, restaurants have grown accustomed to accommodating customers with specific dietary needs so, as long as you communicate with the staff you shouldn't have a problem eating out.

## **Making Your Own Condiments**

If you choose to strictly follow the guidelines of the Paleo diet you may find your options limited when it comes to bottled condiments. Most condiments like ketchup, barbecue sauce and other sauces are made with added sugar and other ingredients that are not Paleo-friendly. In switching to the Paleo diet you do not have to give up your favorite condiments completely, you may just need to be a little creative in finding brands that fit within the guidelines of the diet – another option is to simply make your own! By making your own Paleo condiments you can customize the flavors to suit your tastes and you can make as much or as little as you want at a time. Here are some ideas:

### **Ketchup**

Ketchup is little more than a combination of tomato paste and various flavorings so it is very easy to make your own. Simply combine one 6-ounce can of tomato paste with 2 tbsp. lemon juice or vinegar and 1/3 cup water. Then, stir in a quarter teaspoon of various spices like dry mustard powder, salt, cinnamon and allspice to give your ketchup a unique flavor. If you are a

fan of spicy food, feel free to add a dash of cayenne pepper!

## **Mustard**

Mustard is another standard condiment that is very easy to make from scratch. To make plain yellow mustard, simply combine equal parts dry mustard powder and water and throw in a pinch of sea salt for taste. To add flavor, feel free to mix in a pinch of fresh herbs, lemon zest or a tablespoon of vinegar. If you prefer whole-grain mustard over plain yellow mustard, just combine  $\frac{1}{4}$  cup yellow mustard seeds and  $\frac{1}{4}$  cup brown mustard seeds with 1 cup water and let them soak overnight. In the morning, combine the seeds in a food processor with a tablespoon or so of dry mustard powder and a little sea salt and blend it until it is paste-like.

## **Barbecue Sauce**

Barbecue sauce is a great condiment to make at home because there are so many things you can do to customize the flavor. Start off by combining one 6-ounce can of tomato paste with  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  cup apple cider vinegar and  $\frac{1}{4}$  cup homemade ketchup. Set those ingredients aside and heat up a skillet then brown 1 minced onion along with a minced clove of garlic. Stir in the tomato paste mixture along with a few tablespoons of homemade mustard, a pinch of cinnamon and a pinch of smoked paprika then simmer for half an hour. Feel free to customize this recipe by adding honey to make honey barbecue sauce or a dash of cayenne pepper to give it a little kick.

## **Dessert Ideas**

Just because you've made the decision to follow the Paleo Diet doesn't mean that you have to give up eating good food. There are countless delicious, flavorful recipes that can be made using only Paleo ingredients and that applies to dessert as well! While you may not be indulging in a big bowl of ice cream or a thick slice of carrot cake after switching to the Paleo Diet, there are plenty of options to satisfy your sweet tooth.

If you love to bake, switching to the Paleo Diet doesn't mean you have to kiss your hobby goodbye – you may just need to do a little bit of experimenting to figure out how to use gluten-free flours. There are over a dozen wheat flour alternatives, many of which can be used in the Paleo Diet. Some of these flours include almond flour, coconut flour and flax meal. As an alternative to refined sugars, you can use fruit juice, fresh fruit, raw honey, agave syrup or pure maple syrup.

The options are endless in terms of Paleo-friendly desserts but here are a few ideas to get you started:

## **Honey Nut Cookies**

### **Ingredients:**

- 2 cups almond flour
- 1 cup coconut flour
- 1/2 cup raw honey
- 1/2 cup coconut oil, melted
- 2 eggs, room temperature
- 1 tsp. vanilla extract
- 1 tsp. baking soda
- 1 tsp. sea salt
- 1 cup chopped walnuts

### **Instructions:**

- 1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and set aside.
- 2. Combine the flours, baking soda and salt in a medium bowl.
- 3. In a separate bowl, beat together the eggs, honey and vanilla extract.
- 4. Gradually beat in the dry ingredients then whisk in the melted coconut oil. Fold in the walnuts.
- 5. Drop tablespoon-sized balls of dough onto the prepared baking sheet, spacing the cookies about 2 inches apart.
- 6. Bake at 375°F for 8 to 10 minutes until golden around the edges.

## **Flourless Chocolate Cake**

### **Ingredients:**

- 6 oz. semisweet baking chocolate, chopped
- 1 cup unsweetened cocoa or carob powder
- 3/4 cup raw honey
- 3/4 cup coconut oil
- 4 eggs, room temperature
- 1 tsp. vanilla extract
- 1/4 tsp. ground ginger

### **Instructions:**

- 1. Preheat the oven to 325°F. Grease a round baking dish and set aside.
- 2. Melt the baking chocolate and coconut oil in a double boiler over medium heat. Heat until melted, stirring to combine.
- 3. Pour the chocolate mixture into a bowl and beat on low. Beat in the eggs and honey.
- 4. Beat in the vanilla extract and the cocoa powder. Stir until well combined.
- 5. Pour the batter into the prepared pan and bake at 325°F for 35 minutes or until a knife inserted in the center comes out clean.
- 6. Cool on a wire rack before serving.

## **Lemon Cupcakes**

### **Ingredients:**

- 1 cup almond flour
- 1/2 cup coconut oil, melted
- 1/2 cup raw honey
- 6 eggs
- 2 tbsp. fresh lemon juice
- 1 tsp. lemon zest
- 1/2 tsp. baking soda
- 1/2 tsp. sea salt

### **Instructions:**

- 1. Preheat oven to 350°F. Line a muffin tin with paper liners, set aside.
- 2. Combine the flour, baking soda and sea salt in a food processor. Pulse to combine.
- 3. Add the wet ingredients and pulse until well blended.
- 4. Scoop the batter into the prepared muffin tin, filling each cup 2/3 full.
- 5. Bake at 350°F for 15 to 18 minutes.
- 6. Cool on a wire rack before serving.



## **Apple Pie**

### **Ingredients:**

- 1 1/2 cups raw almonds
- 3/4 cup pitted dates
- 6 medium apples, peeled, cored and sliced
- 3/4 cup raw honey
- 1 tbsp. ground cinnamon
- 1/4 cup almond meal

### **Instructions:**

- 1. Combine the almonds and dates in the food processor. Pulse until a loose mixture forms.
- 2. Press the mixture into a 9-inch pie plate.
- 3. Chop the apples and combine them in a large bowl with the honey, cinnamon and nutmeg.
- 4. Pour the mixture into the prepared pie crust and spread evenly.
- 5. Sprinkle the almond meal on top of the pie then refrigerate for at least one hour until set.

## **Chocolate Brownies**

### **Ingredients:**

- 2 cups coconut flour
- 1 cup almond flour
- 3/4 cup raw honey
- 1/2 cup unsweetened cocoa powder
- 1/4 cup coconut oil
- 2 eggs, room temperature
- 1 tsp. ground cinnamon
- 1/4 tsp. sea salt

### **Instructions:**

- 1. Preheat the oven to 350°F. Grease a 9x9-inch glass baking dish and set aside.
- 2. Whisk together the honey and coconut oil in a small saucepan over medium heat.
- 3. Stir until smooth and melted then remove from heat.
- 4. Stir together the flours, cocoa powder and ground cinnamon in a bowl.
- 5. Transfer the honey mixture to a mixing bowl and beat in the eggs and vanilla extract.
- 6. Gradually stir in the flour mixture. Stir until well combined.
- 7. Pour the batter into the prepared baking dish and bake at 350°F for 20 to 25 minutes or until a knife inserted in the center comes out clean.

**Thank you for reading! If you enjoyed this book please [CLICK HERE](#) and leave a Five Star Review!**

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BOOK 2: EASY PALEO DIET RECIPES

*Easy*  
**PALEO**  
**DIET RECIPES**

COOK FOR THE PALEO DIET  
LIFESTYLE THE EASY WAY



## INTRODUCTION



If you've ever struggled to lose weight, the chances are good that you've tried some kind of fad diet. Whether you quit carbs or went on a juice fast, you may have seen results but they likely did not last. The downfall of fad diets is that they are impractical for your long-term life, therefore; the weight you lose on them is most likely only temporary. As soon as you go back to your regular diet, you gain the weight back. If you are looking for a long-term solution that is easy to stick to, consider the Paleo Diet.

The Paleo Diet is a lifestyle change, not just another fad diet. This Paleo Lifestyle is based on the diet our Paleolithic ancestors would have eaten. Centered on wholesome foods like fresh fruits, vegetables, nuts, seeds and meat, the Paleo Diet is very different from the traditional Western diet. It does not include processed foods, refined sugars, dairy products or even grains and legumes. The only foods recommended on the diet are those that were available to our Paleolithic ancestors.

At this point, you may be worried that this diet is too extreme or difficult to follow. Don't worry! The recipes in this book are proof that the Paleo Diet is actually very easy to follow and you can still enjoy a wide variety of tasty meals. Start cooking the Paleo Lifestyle to see for yourself!

## BENEFITS OF THE PALEO DIET



The traditional Western diet has been linked to a number of serious health conditions including diabetes, heart disease and cancer. Studies have shown that diets high in saturated fats and refined sugars are not good for the body. The Paleo Diet does not contain any refined sugars, artificial sweeteners or other harmful ingredients used in processed foods – it is almost completely natural.

### **Read more to learn some of the benefits associated with the Paleo Lifestyle:**

- The Paleo Diet is almost completely unprocessed – all of the foods you consume will be whole and natural.
- The Paleo Diet is highly nutritious because the foods you eat haven't been altered in any way – their natural nutrient content is still intact.
- The Paleo Diet helps encourage healthy weight loss because the foods you consume are naturally low in calories and rich in nutrients.
- The Paleo Diet may help reverse the symptoms of food allergies because it is free from many of the common food allergens including peanuts, corn, wheat, gluten and dairy.
- The Paleo Diet may help lower your blood pressure to a healthy level because it is low in sugar and saturated fats.
- The Paleo Diet is naturally low in sodium and fresh herbs and spices are encouraged over salt in flavoring food.
- The Paleo Diet may help lower your risk for developing serious health conditions such as



diabetes, heart disease and cancer.

Switching to the Paleo Lifestyle is likely to have a number of benefits for your health; but the only way to find out what they are is to try it for yourself. Use the recipes in this book to get started on your Paleo Lifestyle!

## APPETIZERS



## MINI MEATBALLS

**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

**Servings:** 10 to 12

### **Ingredients:**

1 1/2 lbs. lean ground beef or turkey

1 tbsp. coconut flour

1 large egg

1 tsp. raw honey

1 tsp. dried basil

1 tbsp. coconut oil

1 1/2 cups tomato sauce

1/4 cup beef broth

1 tbsp. balsamic vinegar

1 tbsp. pure maple syrup

### **Preparation:**

Combine the beef, coconut flour, egg, honey and basil in a mixing bowl and stir until well combined. Shape the mixture by hand into 1-inch balls and set aside. Heat the coconut oil in a large skillet over medium-high heat and add the meatballs. Cook for 2 minutes without stirring then turn the meatballs and cook for another 2 minutes. Continue turning and cooking the meatballs until they are lightly browned all the way around. Whisk together the remaining ingredients and stir into the skillet. Bring to a boil then reduce heat and simmer, covered, for about 30 minutes until the meatballs are cooked through. Serve hot with toothpicks.

## OVEN-BAKED WINGS

**Prep Time:** 10 minutes

**Cook Time:** 45 to 50 minutes

**Servings:** 6 to 8

**Ingredients:**

3 lbs. raw chicken wings

1 1/2 tbsp. melted coconut oil

1 tbsp. chili powder

1 tsp. paprika

1 tsp. salt

1/2 tsp. black pepper

**Preparation:**

Preheat the oven to 400°F and line a baking sheet with foil. Place the chicken wings in a large bowl and toss with oil. Add the spices and toss well to coat then arrange the wings on the baking sheet. Bake for 30 minutes then flip the wings and bake for another 15 to 20 minutes until crisp and cooked through. Serve hot.

## PALEO HUMMUS WITH VEGGIES



**Prep Time:** 10 minutes

**Cook Time:** 0 Minutes

**Servings:** 8 to 10

### **Ingredients:**

2 cups chopped zucchini

2 cups chopped cauliflower

3/4 cup tahini

1/4 cup olive oil

2 tbsp. fresh lemon juice

2 tsp. minced garlic

1 tsp. sea salt

1/2 tsp. paprika

### **Preparation:**

Combine the zucchini and cauliflower in a food processor and pulse until finely chopped. Add the remaining ingredients and blend until well combined. Spoon the hummus into a bowl and serve with vegetable sticks.

## AVOCADO DEVILED EGGS

**Prep Time:** 15 minutes

**Cook Time:** 0 Minutes

**Servings:** 12 to 16

### **Ingredients:**

8 large eggs, hardboiled

1 ripe avocado, pitted

1 tbsp. minced red onion

1 tbsp. chopped cilantro leaves

1/2 tbsp. fresh lime juice

Pinch of salt and pepper

### **Preparation:**

Cool the hardboiled eggs and carefully remove the shells. Cut each egg in half and spoon out the yolks. Place two of the egg yolks in a bowl and add the remaining ingredients. Stir until well combined then spoon the mixture into the halved eggs. Arrange on a serving platter to serve.

## BAKED SWEET POTATO FRIES



**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Servings:** 4 to 6

### **Ingredients:**

4 large sweet potatoes

1/4 cup coconut oil, melted

2 tsp. sea salt

1 tsp. paprika

### **Preparation:**

Preheat the oven to 450°F. Peel the sweet potatoes, if desired, and cut into wedges or slices no more than 1/2-inch thick. Place the sweet potatoes in a bowl and toss with the remaining ingredients. Arrange the potatoes on a baking sheet and bake for 15 minutes. Flip the potatoes with a spatula and bake for another 10 to 15 minutes until crisp and lightly browned. Cool for 5 minutes before serving.



## ARTICHOKE SPINACH DIP

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Servings:** 6 to 8

**Ingredients:**

3 cups chopped spinach

2 (14 oz.) cans artichoke hearts, drained

2 (8 oz.) cans coconut milk

1 cup diced red onion

1 tbsp. minced garlic

1 tbsp. coconut oil

1/2 tsp. black pepper

**Preparation:**

Coarsely chop the artichokes and set them aside. Heat the coconut oil in a skillet over medium-high heat and add the garlic. Cook for 1 minute then stir in the onion. Cook for 5 minutes then stir in the remaining ingredients. Stir the mixture well and cook until heated through. Serve warm with veggie sticks.

## CRAB CAKES

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Servings:** 8 to 10

### **Ingredients:**

1 lbs. canned crab meat

3 tbsp. minced onion

2 tbsp. coconut flour

1 1/2 tbsp. tahini

1 tsp. minced garlic

1 large egg

Salt and pepper to taste

Cooking oil

### **Preparation:**

Place the crab in a bowl and flake it with a fork. Add the rest of the ingredients and season with salt and pepper to taste. Heat a large skillet over medium-high heat and grease well with cooking oil. Shape the crab mixture into patties by hand and place them in the skillet in a single layer. Cook for 2 to 3 minutes on each side until crisp and browned. Drain on paper towels before serving.

## CUCUMBER FINGER SANDWICHES

**Prep Time:** 10 minutes

**Cook Time:** 0 Minutes

**Servings:** 8 to 10

### **Ingredients:**

2 large cucumbers, sliced

4 oz. deli ham, thin

3 hardboiled eggs, sliced thin

1 cup cherry tomatoes, halved

Wooden toothpicks

### **Preparation:**

Cut the deli ham into 1 1/2-inch squares and top half of the cucumber slices with a piece of ham. Place a piece of sliced hardboiled egg on top of each piece of ham and top with another cucumber slice to complete the sandwich. Top each sandwich with half a cherry tomato and drive a wooden toothpick down through the tomato into the sandwich to serve.

## BACON-WRAPPED SCALLOP SKEWERS



**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 8 to 10

### **Ingredients:**

1 1/2 lbs. raw sea scallops

1 lbs. bacon, sliced thin

2 tsp. chili powder

1 tsp. paprika

1/2 tsp. white ground pepper

1/8 tsp. cayenne

Wooden skewers

### **Preparation:**

Soak the skewers in water overnight to keep them from burning. Rinse the scallops and pat

them dry then place them in a bowl. Add the spices and toss to coat. Wrap each seasoned scallop in a piece of bacon and slice the scallops onto the wooden skewers to keep the bacon secured. Preheat the broiler in your oven and lightly grease a roasting pan. Arrange the skewers on the pan and broil for 3 to 4 minutes. Flip the skewers and broil for another 3 to 4 minutes until the bacon is cooked through. Serve hot with sauce for dipping, if desired.

## STUFFED MUSHROOMS

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 8 to 10

### **Ingredients:**

2 lbs. baby portabella mushrooms

1/4 cup chopped parsley

3 tbsp. minced red onion

2 tbsp. almond flour

2 tbsp. coconut oil

1 tsp. black pepper

1/2 tsp. ground cumin

### **Preparation:**

Preheat the oven to 375°F and lightly grease a rimmed baking sheet. Carefully remove the stems from the mushrooms and chop them coarsely. Combine the chopped stems in a bowl with the parsley, onion, almond flour, coconut oil and spices. Stir until well combined. Arrange the mushrooms stem-side down on the baking sheet and bake for 5 minutes or until they begin to sweat. Flip the mushrooms over and stuff the caps with 1 to 2 tsp. of the parsley mixture. Bake for 12 to 15 minutes until the mushrooms are tender and the filling golden brown. Serve hot.

## SIDE DISHES



## GRILLED PINEAPPLE SALAD

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 pineapple, husked and cored

1 mango, pitted and chopped

1 small red onion, diced

1/4 cup chopped cilantro

1 tbsp. fresh lemon juice

1 tbsp. raw honey

1 tbsp. olive oil or coconut

Pinch salt

### **Preparation:**

Whisk together the honey, oil and salt in a small bowl. Preheat the grill and line the grates with foil. Slice the pineapple into 1/2-inch slices and brush lightly with the honey- oil mixture. Lay the pineapple slices on the grill and cook for 2 to 4 minutes on each side until tender and lightly charred. Combine the remaining ingredients in a bowl while the pineapple cools then chop it coarsely and toss it in. Serve warm.



## CHERRY TOMATO BASIL SALAD

**Prep Time:** 5 minutes

**Cook Time:** 0 Minutes

**Servings:** 4 to 6

### **Ingredients:**

2 cups red cherry tomatoes, halved

1 cup orange cherry tomatoes, halved

1 cup yellow cherry tomatoes, halved

1/2 cup finely chopped basil

1/2 tsp. salt

1/4 tsp. black pepper

### **Preparation:**

Combine all ingredients in a bowl and toss well to combine. Chill before serving, if desired.

## SWEET ASIAN-STYLE COLESLAW



**Prep Time:** 10 minutes

**Cooking Time:** 0 Minutes

**Servings:** 4 to 6

### **Ingredients:**

2 cups thin-sliced Napa cabbage

1 cup thin-sliced red cabbage

1/2 cup diced red onion

1 large grated carrot

2 tbsp. olive oil

1 tbsp. coconut aminos

2 tsp. sesame oil

2 tsp. raw honey

1 tsp. raw sesame seeds

1/4 tsp. ground ginger

**Preparation:**

Combine the cabbage, onion and carrot in a bowl and toss to combine. Whisk together the remaining ingredients and add to the bowl. Toss to coat then chill before serving. Garnish with raisins, if desired.

## **GARLIC ROASTED VEGETABLES**

**Prep Time:** 5 minutes

**Cook Time:** 40 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 head broccoli, chopped

2 cups chopped cauliflower

2 cups baby carrots

1 large sweet potato, chopped

1 large onion, quartered

1/4 cup vegetable stock

2 tbsp. coconut oil

2 tbsp. minced garlic

1 tsp. sea salt

1/2 tsp. black pepper

### **Preparation:**

Preheat the oven to 400°F. Heat the coconut oil in a large skillet over medium-high heat and add the garlic. Cook for 2 minutes then add the vegetables and cook for 5 minutes, stirring occasionally. Transfer the vegetables to a glass baking dish and roast for 20 minutes. Stir once then roast for another 20 minutes until tender. Serve hot.

## GARLIC MASHED CAULIFLOWER



**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Servings:** 4 to 6

**Ingredients:**

4 cups chopped cauliflower

2 tbsp. coconut butter

1 tbsp. minced garlic

Salt and pepper to taste

**Preparation:**

Bring a pot of salted water to boil and add the cauliflower. Boil the cauliflower for 7 to 9 minutes until tender. Drain the cauliflower and mash it with a potato masher. Add the remaining ingredients and stir until well combined. Serve hot.

## SPICY SPAGHETTI SQUASH

**Prep Time:** 5 minutes

**Cook Time:** 70 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 large spaghetti squash

1 tbsp. coconut oil

2 tsp. minced garlic

1 tsp. smoked paprika

1/2 tsp. cayenne

### **Preparation:**

Preheat the oven to 375°F. Place the whole spaghetti squash on a baking sheet and bake for 1 hour until the skin pierces easily with a knife. Set aside until cool enough to handle then cut in half and scoop out the seeds. Shred the flesh with a fork and transfer to a bowl. Heat the coconut oil in a skillet and add the garlic. Cook for 1 minute then stir in the spaghetti squash and spices. Cook for 3 to 5 minutes then serve hot.

## GRILLED ASPARAGUS SPEARS



**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 bunch asparagus, trimmed

1 tbsp. olive oil

1 tbsp. lemon juice

2 tsp. balsamic vinegar

Salt and pepper to taste

### **Preparation:**

Preheat the grill and grease the grates with olive oil. Trim the asparagus and arrange in a shallow dish. Whisk together the remaining ingredients and pour over the asparagus. Let stand for 10 minutes then arrange the asparagus on the hot grill perpendicular to the grates. Cook for 2 minutes then rotate and cook another 2 minutes. Cook the asparagus until just tender then

serve hot.



## **SPICY CABBAGE SALAD**

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Servings:** 4 to 6

### **Ingredients:**

2 cups thin-sliced green cabbage

1 cup thin-sliced red cabbage

1 cup thin-sliced Napa cabbage

1/2 cup diced red onion

2 large grated carrots

1 jalapeno, seeded and minced

2 tbsp. tahini

2 tbsp. olive oil

1 tbsp. balsamic vinegar

1 tsp. smoked paprika

1/2 tsp. cayenne

1/2 tsp. black pepper

### **Preparation:**

Combine the cabbage, onion and carrot in a bowl and toss to combine. Whisk together the remaining ingredients and add to the bowl. Toss to coat then chill before serving.

## TOMATO MANGO SALAD



**Prep Time:** 5 minutes

**Cooking Time:** 0 minutes

**Servings:** 4 to 6

### **Ingredients:**

2 ripe mangos, pitted and chopped

1 large tomato, chopped

1/2 green pepper, diced

1/2 small red onion, diced

1/4 cup fresh cilantro leaves

1 tbsp. lemon juice

Salt and pepper to taste

### **Preparation:**

Combine all ingredients in a mixing bowl and toss to combine. Chill before serving, if

desired.

## ZUCCHINI FRITTERS

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 6 to 8

**Ingredients:**

2 large zucchini, grated

1 scallion, minced

1 large egg, beaten

1/3 cup almond flour

1/2 tsp. baking powder

Salt and pepper to taste

Cooking oil

**Preparation:**

Combine all of the ingredients in a bowl and mix well – the mixture should be somewhat sticky. Heat about 1/2 inch of cooking oil in a heavy skillet. Drop the zucchini mixture into the oil in balls using a heaping tablespoon. Fry the zucchini until crisp and brown on one side then flip and cook to brown on the other side. Drain the fritters on paper towels before serving.

## **CURRIED CARROT CASSEROLE**

**Prep Time:** 10 minutes

**Cook Time:** 75 minutes

**Servings:** 6 to 8

### **Ingredients:**

2 lbs. baby carrots

1/4 cup almond flour

2 tbsp. raw honey

3 large eggs, beaten

1 tbsp. curry powder

1 tsp. lemon zest

Salt and pepper to taste

### **Preparation:**

Preheat the oven to 350°F and lightly grease an 8x8-inch glass baking dish. Place the carrots in a saucepan with 1 inch of water and bring to a boil. Steam for 10 to 15 minutes until the carrots are tender then transfer them to a food processor. Pulse to chop then add the remaining ingredients and blend smooth. Spoon the mixture into the baking dish and bake for 1 hour or until the casserole is set in the center. Cool for 10 minutes before serving.

## LEMON GARLIC BROCCOLI



**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

**Ingredients:**

1 head broccoli

1 tbsp. coconut oil

1 tbsp. minced garlic

2 tbsp. lemon juice

**Preparation:**

Trim the broccoli and cut it into manageable pieces. Heat the olive oil in a large skillet over medium heat and add the garlic. Cook for 1 minute then add the broccoli and stir well to coat with oil. Sauté for 7 to 9 minutes until the broccoli is bright green then transfer to a bowl. Add the lemon juice and toss to coat just before serving.

## SWEET POTATO GRATIN

**Prep Time:** 15 minutes

**Cook Time:** 70 minutes

**Servings:** 6 to 8

**Ingredients:**

3 to 4 large sweet potatoes

2 cup full-fat coconut milk

Pinch ground cinnamon

Salt and pepper to taste

**Preparation:**

Preheat the oven to 375°F. Slice the sweet potatoes as thin as possible, no more than 1/4-inch thick. Whisk together the coconut milk, cinnamon, salt and pepper in a bowl. Spread a layer of potato slices in a glass baking dish and drizzle with several tablespoons coconut milk. Add another layer of potatoes and coconut milk, repeating until you run out of ingredients. Bake for 30 minutes covered with foil then remove the foil and bake for another 25 to 35 minutes until the top is lightly browned. Let stand for 10 minutes before serving.

## ZUCCHINI “PASTA”



**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Servings:** 2 to 4

**Ingredients:**

4 large zucchini

1 tbsp. coconut oil

2 tsp. minced garlic

Salt and pepper to taste

**Preparation:**

Wash the zucchini and trim off the ends. Peel the zucchini into threads or strips using a julienne peeler or potato peeler. Heat the coconut oil in a skillet over medium heat and add the garlic. Cook for 1 minute then stir in the zucchini. Season with salt and pepper to taste then sauté for 3 to 5 minutes until tender.



## CHOPPED BROCCOLI SALAD

**Prep Time:** 15 minutes

**Cooking Time:** 0 minutes

**Servings:** 4 to 6

### **Ingredients:**

4 cups chopped broccoli florets

1 carrot, grated

1 stalk celery, diced

1/4 cup chopped green onions

1/4 cup chopped pecans

1/2 cup tahini

2 tbsp. melted coconut oil

1 tbsp. raw honey

1 tbsp. fresh lemon juice

### **Preparation:**

Combine all the vegetables in a bowl then add the remaining ingredients and toss well to coat. Chill before serving.

## MAIN DISHES



## SPICY FISH STEW

**Prep Time:** 15 minutes

**Cook Time:** 60 minutes

**Servings:** 6 to 8

### **Ingredients:**

2 lbs. boneless cod, cut into 2-inch chunks

2 (14.5 oz.) cans stewed tomatoes

2 Serrano peppers, chopped

1 chopped onion

1 jalapeno, seeded and minced

1 tbsp. coconut oil

1 tbsp. minced garlic

1 tbsp. chili powder

1 tsp. cayenne

Chopped cilantro leaves

### **Preparation:**

Heat the coconut oil in a Dutch oven over medium-high heat and add the garlic. Cook for 1 minute then stir in the peppers, onion and jalapeno. Cook for 5 minutes, stirring, then stir in the stewed tomatoes and spices. Bring to a simmer then cover and cook for 20 minutes. Stir in the fish and simmer for an additional 10 minutes or until the fish is cooked through. Serve hot garnished with cilantro.

## **BEEF STEW WITH CARAMELIZED ONIONS**

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 1/2 lbs. stew beef

2 tbsp. coconut oil, divided

1 tsp. minced garlic

2 large onions, sliced

2 carrots, chopped

2 stalks celery, chopped

1/2 cup beef stock

Salt and pepper to taste

### **Preparation:**

Heat 1 tbsp. coconut oil in a large skillet over medium-high heat and add the garlic. Cook for 1 minute then add the onions. Cook until the onions are caramelized, about 20 minutes then spoon into a bowl and set aside. Heat the remaining tablespoon coconut oil in the skillet and add the beef. Season with salt and pepper to taste and cook for 4 to 6 minutes, stirring, until evenly browned. Stir in the carrots, celery and beef stock then bring to a simmer. Simmer on low heat, covered, for 20 minutes. Stir in the caramelized onions and simmer for 5 minutes more, then serve hot.

## GINGER BEEF WITH BROCCOLI



**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 lbs. sirloin steak, sliced thin

4 cups broccoli florets

1 large carrot, chopped

1 large onion, chopped

1/4 cup coconut aminos

1 tbsp. fresh grated ginger

1 tbsp. tapioca starch

1 tsp. sesame oil

Cooking oil

**Preparation:**

Grease a large skillet with cooking oil and heat over medium-high heat. Add the broccoli, tossing to coat with oil. Cook for 4 to 5 minutes then spoon the broccoli into a large bowl. Regrease the skillet and add the carrot and onion, tossing to coat. Stir-fry for 5 minutes then spoon into the bowl with the broccoli. Spread the beef in the skillet in a single layer and cook until just browned on one side then flip and brown on the other. Push the beef to the sides of the skillet and whisk together the remaining ingredients then pour them into the skillet. Cook for 1 minute until it begins to bubble then add the vegetables and toss to coat. Cook for 2 minutes or until heated through then serve.

## VEGETABLE CHILI

**Prep Time:** 15 minutes

**Cook Time:** 35 minutes

**Servings:** 6

### **Ingredients:**

1 large head cauliflower, chopped

1 tbsp. coconut oil

2 tsp. minced garlic

2 stalks celery, chopped

1 chopped onion

1 red pepper, chopped

1 orange pepper, chopped

1 tbsp. chili powder

Pinch cayenne

3 cups low-sodium vegetable broth

### **Preparation:**

Heat the coconut oil in a skillet over medium-high heat and add the garlic. Cook for 1 minute then add the celery and onion. Cook for 5 minutes, stirring, then stir in the remaining ingredients. Bring to a simmer then cook on low heat, covered, for 30 minutes. Serve hot.

## CINNAMON BANANA PANCAKES



**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 8 to 12

### **Ingredients:**

3 cups almond flour

1/2 cup mashed banana

1/2 cup melted coconut oil

1/4 cup raw honey

2 tbsp. coconut milk

8 large eggs, beaten slightly

2 tsp. vanilla extract

1 tsp. baking soda

1 tsp. ground cinnamon



1/8 tsp. salt

**Preparation:**

Whisk together all ingredients in a bowl then pour into a food processor and blend smooth. Grease a heavy skillet with cooking oil and pour the batter into the skillet using a 1/4 cup. Cook until bubbles form on the surface of the pancake then flip and brown on the other side. Transfer the cooked pancake to a plate and repeat with the remaining batter. Serve hot drizzled with honey, if desired.

## **CURRIED SHRIMP WITH VEGETABLES**

**Prep Time:** 10 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### **Ingredients:**

1/2 lbs. raw shrimp, peeled and deveined

2 tbsp. coconut oil

1 tbsp. minced garlic

1 tsp. fresh grated ginger

2 cups broccoli florets

1 cup chopped carrot

1 cup chopped red pepper

1 cup chopped onion

1 cup chopped green pepper

1 1/2 cups vegetable broth

1 cup coconut milk

2 tbsp. curry powder

1 tsp. garlic powder

### **Preparation:**

Heat the coconut oil in a heavy skillet over medium-high heat. Add the garlic and ginger and cook for 1 minute. Stir in the broccoli and carrot then cook, stirring, for 5 minutes. Stir in the rest of the vegetables and cook 5 minutes more. Add the vegetable broth, coconut milk and curry powder then bring to a simmer. Cover and cook for 20 minutes until the vegetable are tender. Stir in the shrimp and simmer for 10 to 15 minutes more until cooked through.

## CHICKEN SWEET POTATO STEW

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Servings:** 6 to 8

### **Ingredients:**

2 lbs. sweet potatoes, chopped

1 lbs. boneless skinless chicken, chopped

1 tbsp. coconut oil

2 tsp. minced garlic

1 (14.5 oz.) can chopped tomatoes

1 onion, chopped

1/2 cup chicken broth

1/4 tsp. nutmeg

### **Preparation:**

Heat the olive oil in a heavy skillet over medium-high heat. Add the garlic and cook for 1 minute then stir in the onions. Add the sweet potatoes and tomatoes, stirring to combine, then stir in the chicken broth and nutmeg. Bring to a simmer and cook, covered, for 25 minutes. Stir in the chicken and cook for another 15 to 20 minutes until the chicken is cooked through and the sweet potatoes tender.

## ROSEMARY ROASTED CHICKEN AND VEGGIES



**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Servings:** 4 to 6

### **Ingredients:**

2 lbs. chicken legs

1 tbsp. coconut oil

2 cups broccoli florets

1 cup cauliflower florets

1 cup baby carrots

1 small zucchini, sliced thick

1 sweet potato, chopped

1/4 cup chicken broth

2 tbsp. dried rosemary

Salt and pepper to taste

**Preparation:**

Preheat the oven to 400°F. Heat the coconut oil in a large skillet over medium-high heat and season the chicken with salt and pepper to taste. Place the chicken in the skillet skin-side down and cook for 2 to 4 minutes until browned. Flip the chicken and cook until browned on the other side. Combine the vegetables in a large glass baking dish and lay the chicken on top. Whisk together the chicken broth and rosemary and pour over the chicken and vegetables. Roast for 40 to 45 minutes until the chicken is cooked through. Serve the chicken hot with vegetables.

## CILANTRO TURKEY BURGERS

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### **Ingredients:**

1 1/2 lbs. lean ground turkey

1/2 cup chopped cilantro leaves

2 tbsp. minced red onion

1 tbsp. coconut flour

Salt and pepper to taste

### **Preparation:**

Preheat the broiler in your oven and lightly grease a broiler pan. Combine all ingredients in a bowl and mix well. Shape the mixture into four patties and place on the broiler pan. Broil for 5 to 7 minutes on each side until cooked through.

## **TURKEY CABBAGE STIR-FRY**

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 lbs. boneless turkey breast, chopped

3 cups chopped green cabbage

1 large carrot, chopped

1 large onion, chopped

1 red pepper, chopped

1/4 cup coconut aminos

1 tbsp. minced garlic

1 tbsp. tapioca starch

Cooking oil

### **Preparation:**

Grease a large skillet with cooking oil and heat over medium-high heat. Add the cabbage, tossing to coat with oil. Cook for 4 to 5 minutes then spoon the vegetables into a large bowl. Re-grease the skillet and add the carrot and onion, tossing to coat. Stir-fry for 5 minutes then stir in the peppers. Cook for 3 minutes, stirring often, then spoon into the bowl with the cabbage. Spread the turkey in the skillet in a single layer and cook until just browned on one side then flip and brown on the other. Push the turkey to the sides of the skillet and whisk together the remaining ingredients then pour them into the skillet. Cook for 1 minute until it begins to bubble then add the vegetables and toss to coat. Cook for 2 minutes or until heated through then serve.

## **BEEF WITH MUSHROOM CASSEROLE**

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 lbs. lean ground beef

1/2 cup chopped onion

1/2 cup chopped mushroom

2 large eggs

1 cup coconut milk

1/2 cup almond flour

1/2 tsp. baking powder

Salt and pepper to taste

### **Preparation:**

Preheat the oven to 350°F and lightly grease a glass baking dish. Combine the beef, onion and mushroom in a skillet over medium-high heat. Season with salt and pepper to taste and cook for 5 to 8 minutes until the beef is browned. Drain the fat and spoon into a glass baking dish. Whisk together the remaining ingredients and pour into the dish. Bake for 25 to 30 minutes until a knife inserted in the center comes out clean. Cool for 5 minutes before serving.



## BAKED COCONUT FISH STICKS



**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Servings:** 2 to 4

**Ingredients:**

1 lbs. boneless cod

2 large eggs, beaten

1 cup shredded coconut

1/4 cup coconut flour

1 tbsp. dried oregano

1 tsp. chili powder

1/2 tsp. black pepper

**Preparation:**

Slice the fish into 1-inch sticks and set aside. Combine the flours and spices in a shallow dish and beat the eggs in a bowl. Preheat the oven to 400°F and line a baking sheet with

parchment paper. Dip the fish sticks in egg then dredge in the flour mixture and arrange on the baking sheet. Bake for 15 to 25 minutes until crisp and golden brown.

## ROASTED PORK TENDERLOIN

**Prep Time:** 10 minutes

**Cook Time:** 60 minutes

**Servings:** 6 to 8

### **Ingredients:**

2 to 2 1/2 lbs. boneless pork tenderloin

1 tbsp. coconut oil

1 tsp. minced garlic

1 tsp. dried oregano

Salt and pepper to taste

### **Preparation:**

Preheat the oven to 400°F. Trim the fat from the pork and rub with salt, pepper, garlic and oregano. Heat the coconut oil in a skillet over medium-high heat. Add the pork and cook for 2 to 3 minutes on each side until browned. Transfer the pork to a roasting pan, upside down, and roast for 30 minutes. Flip the pork over and roast for another 25 to 35 minutes until it reaches an internal temperature of 155°F. Transfer to a cutting board and let stand for 10 minutes before slicing.

## PEPPERED FLANK STEAK WITH ONIONS

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 4

### **Ingredients:**

1 1/2 lbs. flank steak

1 large onion, sliced

1 tbsp. coconut oil

1 tsp. minced garlic

Salt and pepper to taste

### **Preparation:**

Preheat the broiler in your oven and lightly grease a broiler pan. Trim the fat from the steak and season with salt and pepper to taste. Heat the coconut oil in a skillet over medium-high heat and add the onions, cook for 5 minutes then transfer to the broiler pan. Add the steak to the skillet and cook for 2 to 3 minutes on each side until browned. Add the steak to the pan with the onions and broil for 2 to 3 minutes per side until cooked to the desired temperature.

## BRAISED LAMB CHOPS



**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### **Ingredients:**

1 1/2 lbs. bone-in lamb chops

2 tbsp. coconut oil

1 tsp. minced garlic

1/4 cup diced onion

1 tbsp. dried rosemary

1 tsp. dried oregano

Salt and pepper to taste

### **Preparation:**

Season the lamb chops with salt and pepper to taste. Heat the oil in a large skillet over medium-high heat and add the garlic, onion and spices. Cook for 1 minute then add the lamb

chops. Cook for 3 minutes until browned then flip and brown on the other side. Reduce heat to medium and cook, covered, until the chops are cooked to the desired temperature.

## COCONUT-CRUSTED HADDOCK

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

**Ingredients:**

1 1/2 to 2 lbs. haddock fillet

1/4 cup unsweetened shredded coconut

1 tbsp. coconut flour

1 tsp. dried oregano

1 tbsp. olive oil

Salt and pepper to taste

**Preparation:**

Preheat the oven to 350°F and lightly grease a roasting pan. Brush the fillets with olive oil then season with salt and pepper to taste. Arrange the fillets on the roasting pan. Combine the remaining ingredients in a bowl then sprinkle over the fish. Bake for 12 to 15 minutes until the flesh of the haddock flakes easily with a fork. Serve hot.

## GRILLED SHRIMP SKEWERS

**Prep Time:** 30 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

**Ingredients:**

2 lbs. raw shrimp, peeled and deveined

1/4 cup olive oil

2 tbsp. balsamic vinegar

1 tsp. raw honey

1 tsp. chili powder

1/8 tsp. cayenne

Wooden skewers

**Preparation:**

Soak the skewers in water overnight so they do not burn. Preheat the grill and season the grates with olive oil. Whisk together all ingredients aside from the shrimp then pour into a large plastic freezer bag. Add the shrimp and toss to coat then chill for 20 minutes. Slide the shrimp onto the skewers and lay flat on the grill. Cook for 2 to 4 minutes per side until the shrimp is cooked through. Serve hot.



## BAKED TILAPIA WITH MANGO SALSA



**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### **Ingredients:**

4 (5 oz.) tilapia fillets

1 ripe mango, pitted and chopped

1/4 cup diced red onion

1/4 cup fresh chopped cilantro

2 tbsp. lemon juice, divided

Salt and pepper to taste

### **Preparation:**

Preheat the oven to 350°F and lightly grease a roasting pan. Brush the fillets with 1 tbsp. lemon juice then season with salt and pepper to taste. Arrange the fillets on the roasting pan

and bake for 12 to 15 minutes until the flesh of the fish flakes easily. Combine the remaining ingredients in a bowl and serve with the hot fish.

## PORK WITH VEGETABLE STIR-FRY

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 lbs. boneless pork loin, sliced thin

2 cups broccoli florets

1 cup cauliflower florets

1 large carrot, chopped

1 large onion, chopped

1 green pepper, chopped

1 red pepper, chopped

1/4 cup coconut aminos

1 tbsp. fresh grated ginger

1 tbsp. tapioca starch

1 tsp. minced garlic

Cooking oil

### **Preparation:**

Grease a large skillet with cooking oil and heat over medium-high heat. Add the broccoli and cauliflower, tossing to coat with oil. Cook for 7 to 9 minutes until the broccoli turns a bright green then spoon the vegetables into a large bowl. Re-grease the skillet and add the carrot and onion, tossing to coat. Stir-fry for 5 minutes then stir in the peppers. Cook for 3 minutes, stirring often, then spoon into the bowl with the broccoli and cauliflower. Spread the pork in the skillet in a single layer and cook until just browned on one side then flip and brown on the other. Push the pork to the sides of the skillet and whisk together the remaining ingredients then pour them into the skillet. Cook for 1 minute until it begins to bubble then add the vegetables and toss to coat. Cook for 2 minutes or until heated through then serve.

## COCONUT CHICKEN CURRY

**Prep Time:** 10 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 lbs. boneless skinless chicken, chopped

2 tbsp. coconut oil

1 tbsp. minced garlic

1 tsp. fresh grated ginger

1 cups broccoli florets

1 cup chopped carrot

1 cup chopped onion

1 cup chopped red pepper

1 ½ cups vegetable broth

1 cup coconut milk

2 tbsp. curry powder

1 tsp. garlic powder

### **Preparation:**

Heat the coconut oil in a heavy skillet over medium-high heat. Add the garlic and ginger and cook for 1 minute. Stir in the broccoli and carrot then cook, stirring, for 5 minutes. Stir in the rest of the vegetables and cook 5 minutes more. Add the chicken broth, coconut milk and curry powder then bring to a simmer. Cover and cook for 10 minutes until the vegetable are tender. Stir in the chicken and simmer for 20 to 25 minutes more until cooked through.

## HERBED LEG OF LAMB



**Prep Time:** 10 minutes

**Cook Time:** 90 minutes

**Servings:** 6 to 8

### **Ingredients:**

1 bone-in leg of lamb (6 1/2 to 7 lbs.)

1 tbsp. coconut oil

1 tbsp. minced garlic

1 tbsp. dried rosemary

1 tsp. dried oregano

1 tsp. dried basil

1 tsp. dried thyme

Salt and pepper to taste

### **Preparation:**

Preheat the oven to 400°F and trim the fat from the lamb. Season with salt and pepper to taste. Combine the spices in a bowl and rub into the lamb on all sides. Heat the coconut oil in a large skillet and add the garlic. Cook for 1 minute then add the lamb. Cook for 2 to 3 minutes on each side until browned. Transfer the lamb to a roasting pan and roast for 30 minutes. Reduce the oven temperature to 350°F and cook until the internal temperature of the lamb reaches at least 145°F, about 1 hour. Transfer to a cutting board and let stand for 10 minutes before carving.

## BLUEBERRY PANCAKES

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 8 to 12

### **Ingredients:**

3 cups almond flour

1/2 cup almond milk

1/2 cup melted coconut oil

1/4 cup raw honey

8 large eggs, beaten slightly

1 tsp. almond extract

1 tsp. baking soda

1/8 tsp. salt

1 1/2 cups fresh blueberries

### **Preparation:**

Whisk together all ingredients except the blueberries in a bowl then pour into a food processor and blend smooth. Grease a heavy skillet with cooking oil and pour the batter into the skillet using a 1/4 cup. Drop a handful of blueberries into the wet batter and cook until bubbles form on the surface of the pancake. Flip the pancake and brown on the other side. Transfer the cooked pancake to a plate and repeat with the remaining batter. Serve hot drizzled with honey, if desired.

## STUFFED BUTTERNUT SQUASH

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Servings:** 4

### **Ingredients:**

2 butternut squash

1 large onion, chopped

1 red pepper, diced

1 green pepper, diced

1 cup diced tomatoes

2 tsp. coconut oil

1 tbsp. minced garlic

Salt and pepper to taste

### **Preparation:**

Preheat the oven to 375°F and cut the squashes in half. Scoop out the seeds then hollow out the squash to about 3/4-inch thickness. Grease a baking sheet and lay the squash halves on it cut-side-down. Bake for 30 to 35 minutes until the squash is tender then set aside to cool slightly. Heat the oil and garlic in a skillet over medium-high heat. Cook for 1 minute then stir in the remaining ingredients. Sauté for 5 to 8 minutes until the vegetables are tender then spoon the mixture into the squash halves. Return the squash to the hot oven and cook for 5 to 8 minutes until heated through.



## MARINATED PORK CHOPS



**Prep Time:** 5 minutes

**Cook Time:** 35 minutes

**Servings:** 4

**Ingredients:**

4 (6 oz.) bone-in pork chops

1/4 cup beef broth

2 tbsp. balsamic vinegar

1 tbsp. raw honey

1 tsp. dried oregano

Salt and pepper to taste

**Preparation:**

Preheat the broiler in your oven and lightly grease a roasting pan. Trim the fat from the pork and season with salt and pepper to taste. Whisk together the remaining ingredients and pour

into a shallow dish. Add the pork chops, turning to coat. Cover and chill for 20 minutes. Transfer the chops to the roasting pan and broil for 5 to 8 minutes on each side until cooked through. Serve hot.

## **BACON-WRAPPED CHICKEN TENDERLOINS**

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 1/2 lbs. boneless chicken tenderloins

1 lbs. bacon, sliced thin

1 tbsp. coconut oil

Salt and pepper to taste

### **Preparation:**

Preheat the broiler in your oven and lightly grease a broiler pan. Trim the fat from the chicken and sandwich the tenderloins between two layers of plastic wrap. Gently flatten to 1/4-inch thickness with a meat mallet then season with salt and pepper to taste. Lay the strips of bacon out flat and top each with a flattened chicken tenderloin. Roll the bacon and chicken up and secure with wooden toothpicks. Heat the coconut oil in a skillet over medium-high heat and add the tenderloins. Cook for 2 to 3 minutes then flip and cook on the other side. Transfer the roll-ups to the broiler pan and broil until just cooked through. Serve hot.

## SPICY CHICKEN CHILI

**Prep Time:** 10 minutes

**Cook Time:** 45 minutes

**Servings:** 6 to 8

### **Ingredients:**

1 1/2 lbs. lean ground chicken

1 tbsp. coconut oil

1 tsp. minced garlic

1 small head cauliflower, finely chopped

1 cup diced tomatoes

1 onion, chopped

1 jalapeno, seeded and minced

1 tbsp. chili powder

1 tsp. cayenne

1 tsp. sea salt

1 cup chicken broth

### **Preparation:**

Heat the coconut oil in a skillet over medium-high heat and add the garlic. Cook for 1 to 2 minutes before adding the ground chicken. Cook until browned, stirring often, about 4 to 5 minutes. Stir in the remaining ingredients and bring to a boil. Reduce heat and simmer, covered, for 35 minutes or until the vegetables are tender.

## OVEN-BAKED CHICKEN NUGGETS



**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

### **Ingredients:**

1 lbs. boneless chicken, cut into 2-inch chunks

1 large egg, beaten

1/2 cup almond flour

1 tsp. chili powder

1/2 tsp. garlic powder

1/2 tsp. black pepper

1/4 tsp. sea salt

### **Preparation:**

Preheat the oven to 400°F and line a baking sheet with parchment paper. Combine the dry

ingredients in a shallow dish and beat the egg in a small bowl. Dip the chicken chunks in egg then coat with the flour mixture and spread on the baking sheet. Bake for 10 to 12 minutes until crisp and browned. Serve hot.

## ORANGE GLAZED CHICKEN

**Prep Time:** 10 minutes

**Cook Time:** 45 minutes

**Servings:** 4 to 6

### **Ingredients:**

2 lbs. bone-in chicken thighs

1 tbsp. coconut oil

1/4 cup orange juice

2 tbsp. raw honey

1 tbsp. tapioca starch

1 tbsp. orange zest

1/4 tsp. orange extract

1 chopped onion

### **Preparation:**

Preheat the oven to 400°F. Trim the fat from the chicken and set aside. Heat the coconut oil in a skillet over medium-high heat and add the chicken. Cook for 2 to 3 minutes on each side until browned then transfer the chicken to a square glass baking dish. Whisk together the remaining ingredients and pour over the chicken. Cook for 35 to 45 minutes until the chicken is cooked through. Serve hot.

## AVOCADO BEEF TACOS

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Servings:** 4 to 6

### **Ingredients:**

2 lbs. beef chuck roast

1 tbsp. coconut oil

1 tsp. minced garlic

1 small onion, sliced thin

1/2 cup beef broth

1 tbsp. chili powder

2 tsp. cumin

2 ripe avocados, sliced

1 head iceberg lettuce

### **Preparation:**

Trim the fat from the beef. Heat the coconut oil and garlic in a heavy skillet for 1 minute then add the beef. Cook until browned on all sides, turning as needed. Add the onion then whisk together the beef broth, chili powder and cumin then pour over the beef. Bring to a simmer then cover and cook for 25 to 30 minutes until tender. Shred the beef with two forks and spoon into lettuce leaves. Top with sliced avocado to serve.



## HERBED MEATBALLS



**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

**Servings:** 6 to 8

**Ingredients:**

- 1 1/2 lbs. lean ground beef
- 1/4 lbs. ground lamb or pork
- 3 tbsp. almond flour
- 1 large egg, beaten
- 1 tbsp. minced garlic
- 2 tsp. dried basil
- 1 tsp. black pepper
- 1 tbsp. coconut oil

**Preparation:**

Combine the all ingredients aside from the coconut oil in a bowl. Mix the ingredients well then shape them by hand into 2-inch balls. Heat the coconut oil in a skillet for 2 minutes then add the meatballs. Cook for 2 to 3 minutes, stirring, until lightly browned. Reduce heat to medium-low then cover and cook, stirring occasionally, for 15 to 20 minutes until the meatballs are cooked through.

## **BALSAMIC ROASTED BEEF**

**Prep Time:** 10 minutes

**Cook Time:** 45 minutes

**Servings:** 2 to 4

### **Ingredients:**

3 lbs. beef oven roast

1 tbsp. coconut oil

1 onion, sliced thin

1/4 cup beef broth

1/4 cup balsamic vinegar

2 tbsp. pure maple syrup

Dash salt and pepper

### **Preparation:**

Preheat the oven to 425°F. Trim the fat from the beef and season with salt and pepper to taste. Heat the coconut oil in a skillet over medium-high heat and add the beef. Cook until browned on one side, about 2 minutes, then flip and brown on the other side. Spread the onions in the bottom of a glass baking dish and place the beef on top. Whisk together the remaining ingredients and drizzle over the beef. Roast for 25 minutes then reduce the oven temperature to 375°F and roast for an additional 15 minutes or until cooked to the desired temperature. Transfer to a cutting board and let stand for 10 minutes before slicing.

## **BAKED HAM AND EGG CUPS**

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 6

### **Ingredients:**

6 to 8 oz. natural carved ham

8 large eggs, beaten

2 tbsp. chopped chives

1/2 tsp. sea salt

1/2 tsp. black pepper

### **Preparation:**

Preheat the oven to 350°F and grease a muffin pan with cooking spray. Fold the slices of ham as needed and press them into the muffin cups so the edges stick up. Whisk together the remaining ingredients and spoon evenly into the muffin cups. Bake for 8 to 12 minutes until the egg is set. Cool for 5 minutes before removing from the pan.

## BALSAMIC GLAZED SALMON



**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

**Ingredients:**

2 lbs. salmon steaks

2 tbsp. balsamic vinegar

1 tbsp. olive oil

1/4 tsp. dry mustard

Salt and pepper to taste

**Preparation:**

Preheat the broiler in your oven and grease a roasting pan. Season the salmon with salt and pepper to taste then place on the roasting pan. Whisk together the remaining ingredients and brush liberally over the salmon. Broil for 5 minutes then flip the salmon and brush with glaze again. Cook for another 5 to 10 minutes until cooked to the desired temperature and serve hot.



## **PAN ROASTED SWEET POTATOES WITH BEEF**

**Prep Time:** 10 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### **Ingredients:**

2 lbs. sweet potatoes, chopped

1 onion, chopped

1 lbs. stew beef

1 tbsp. coconut oil

1 tsp. minced garlic

1/4 cup beef broth

1 tbsp. dried basil

1 tsp. dried oregano

### **Preparation:**

Heat the coconut oil and garlic in a large skillet over medium-high heat. Cook for 1 minute then stir in the sweet potatoes and onion. Cook until the sweet potatoes begin to soften, about 15 minutes. Stir in the remaining ingredients and bring to a simmer. Cook, stirring often, for another 10 to 15 minutes until the beef is browned and most of the liquid has cooked off. Serve hot.

## **CHIPOTLE LIME SHRIMP**

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 6

**Ingredients:**

2 lbs. uncooked shrimp, peeled and deveined

1/4 cup fresh lime juice

1 tbsp. olive oil

1 tbsp. dried chipotle chili powder

1/2 tsp. garlic powder

Pinch of cayenne

**Preparation:**

Combine all ingredients in a shallow dish, stirring to coat the shrimp with marinade. Chill for 20 minutes. Preheat a stove-top grill pan and grease well with cooking oil. Lay the shrimp on the grill and cook for 2 to 4 minutes per side until cooked through. Serve hot.



## DESSERTS



## LEMON COCONUT CUPCAKES

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 8

### **Ingredients:**

1 cup almond flour

1/4 cup coconut oil, melted

3 tbsp. raw honey

2 tbsp. unsweetened shredded coconut

3 large eggs, divided

1 tbsp. lemon juice

1 tsp. baking powder

1/2 tsp. vanilla extract

1/4 tsp. lemon extract

Toasted shredded coconut

### **Preparation:**

Preheat the oven to 325°F and line a regular muffin tin with paper liners. Beat together the egg yolks, coconut oil, honey and the extracts in a bowl. Whisk smooth then stir in the lemon juice and shredded coconut. In a separate bowl, beat the egg whites until soft peaks form then fold them into the egg mixture. Gradually whisk in the almond flour and baking powder until the batter is smooth then spoon into the prepared pan, filling each cup about 2/3 full. Bake for 15 minutes then sprinkle with toasted coconut and bake for an additional 3 to 5 minutes until a knife inserted in the center comes out clean.

## STRAWBERRY KIWI FRUIT POPS

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Servings:** 8 to 10

### **Ingredients:**

3 cups sliced strawberries

2 kiwi, peeled and sliced

1 1/2 cups water

1/2 cup raw honey

1 tbsp. lemon zest

### **Preparation:**

Stir together the honey and water in a saucepan and heat over medium-high heat. Bring the mixture to a boil, stirring until the honey is dissolved. Stir in the strawberries, kiwi and lemon zest and bring to a boil a second time. Reduce the heat and simmer the mixture until the fruit is softened. Strain the mixture through a sieve and discard the solids. Pour the mixture into popsicle molds and freeze until solid.

## MIXED BERRY CREPES



**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 2 to 4

### **Ingredients:**

1 cup tapioca starch

1/4 cup sorghum flour

1 tbsp. coconut flour

1 1/4 cup canned coconut milk

1 large egg plus 1 white

Pinch salt

1/2 cup fresh blueberries

1/2 cup fresh strawberries

1/2 cup fresh raspberries

**Preparation:**

Combine the flours in a bowl then whisk in the coconut milk, egg, egg white and salt. Whisk until smooth, adding more coconut milk if needed to thin. Grease a large nonstick skillet over medium heat and pour in about 1/4 to 1/3 cup of the batter. Tilt the pan to coat with crepe batter and cook for 1 minute until set. Carefully flip the crepe and cook for 30 seconds then transfer to a plate. Repeat with the remaining batter. Combine the berries in a bowl and spoon a scoop of them down the center of each crepe. Wrap the crepes around the filling to serve.

## CHERRY WALNUT COOKIES

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 2 dozen

### **Ingredients:**

2 cups almond flour

1 tbsp. coconut flour

1/2 cup melted coconut oil

1/3 cup pure maple syrup

2 tsp. vanilla extract

1/2 tsp. baking soda

1/8 tsp. salt

1/4 cup chopped walnuts

1/4 cup dried cherries, chopped

### **Preparation:**

Preheat the oven to 350°F. Line a cookie sheet with parchment and set aside. Whisk together the dry ingredients in a bowl and set aside. Beat the honey, coconut oil and vanilla extract in a separate bowl then gradually beat in the flour mixture. Stir until smooth and combined then fold in the walnuts and cherries. Drop the batter in tablespoon-sized balls onto the prepared cookie sheet and bake for 8 to 10 minutes until lightly golden around the edges. Cool for 5 minutes then transfer to a wire rack to cool completely.

## CHOCOLATE STRAWBERRY CUPCAKES

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 8

### **Ingredients:**

1 cup almond flour

1/4 cup coconut oil, melted

1/4 cup fresh strawberries

2 tbsp. raw honey

2 tbsp. unsweetened cocoa

3 large eggs, divided

1 tsp. baking powder

1 tsp. vanilla extract

### **Preparation:**

Preheat the oven to 325°F and line a regular muffin tin with paper liners. Place the strawberries in a food processor and blend smooth. Beat together the egg yolks, coconut oil, honey and vanilla extract in a bowl. Whisk smooth then stir in the cocoa and pureed strawberries. In a separate bowl, beat the egg whites until soft peaks form then fold them into the egg mixture. Gradually whisk in the almond flour and baking powder until the batter is smooth then spoon into the prepared pan, filling each cup about 2/3 full. Bake for 18 to 20 minutes until a knife inserted in the center comes out clean.

## ALMOND BUTTER BANANA SMOOTHIE

**Prep Time:** 5 minutes

**Cooking Time:** 0

**Servings:** 2

### **Ingredients:**

2 frozen bananas

1 cup unsweetened almond milk

2 tbsp. natural almond butter

1 tsp. raw honey, if desired

Pinch ground cinnamon

### **Preparation:**

Combine all ingredients in a blender and blend until smooth and combined. Pour into two glasses and serve immediately.



## LEMON BLUEBERRY SORBET



**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Servings:** 8 to 10

**Ingredients:**

3 1/2 cup fresh blueberries

1 1/2 cups water

1/2 cup raw honey

2 tbsp. lemon juice

1 tbsp. lemon zest

**Preparation:**

Stir together the honey and water in a saucepan and heat over medium-high heat. Bring the mixture to a boil, stirring until the honey is dissolved. Stir in the blueberries and lemon zest and bring to a boil a second time. Reduce the heat and simmer the mixture until the berries are very soft. Strain the mixture through a sieve and discard the solids. Stir the lemon juice into the

berry liquid and pour it into an ice cream maker. Freeze according to the manufacturer's directions.

## COCOA CAROB BROWNIES

**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

**Servings:** 12 to 16

### **Ingredients:**

1 1/3 cups almond flour

1/2 cup melted coconut oil

4 tbsp. unsweetened cocoa powder

1 large egg plus 2 whites, beaten

1/3 cup raw honey

1/4 cup carob chips

1 tsp. vanilla extract

1/2 tsp. baking powder

Pinch of salt

### **Preparation:**

Preheat the oven to 325°F and grease a square glass baking dish. Whisk together the dry ingredients in a bowl and set aside. In a heatproof bowl, melt the coconut oil, honey and carob chips. Stir smooth then whisk in the vanilla extract, egg and egg whites. Gradually beat in the dry ingredients then pour into the prepared baking dish. Bake for 30 to 35 minutes until a knife inserted in the center comes out clean. Cool for at least 10 minutes before slicing to serve.

## DAIRY-FREE CHOCOLATE MOUSSE



**Prep Time:** 5 minutes

**Cook Time:** 0 Minutes

**Servings:** 2 to 4

### **Ingredients:**

1 large can coconut milk, chilled

1/4 cup unsweetened cocoa powder

3 tbsp. raw honey

### **Preparation:**

Spoon the coconut milk into a bowl and beat well with a metal whisk. Beat in the cocoa powder and honey until light and fluffy. Spoon into dessert cups and chill until ready to serve.

## CHOCOLATE ALMOND COOKIES

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 2 dozen

### **Ingredients:**

2 cups almond flour

3 tbsp. unsweetened cocoa powder

1/2 cup melted coconut oil

1/3 cup raw honey

2 tsp. vanilla extract

1/2 tsp. baking soda

1/8 tsp. salt

1/4 cup chopped almonds

### **Preparation:**

Preheat the oven to 350°F. Line a cookie sheet with parchment and set aside. Whisk together the dry ingredients in a bowl and set aside. Beat the honey, coconut oil and vanilla extract in a separate bowl then gradually beat in the flour mixture. Stir until smooth and combined then fold in the almonds. Drop the batter in tablespoon-sized balls onto the prepared cookie sheet and bake for 8 to 10 minutes until lightly golden around the edges. Cool for 5 minutes then transfer to a wire rack to cool completely.

## CONCLUSION



If you are serious about improving your health, the Paleo Diet is definitely the way to go. Not only does it provide a wide variety of health benefits, but it is also a great way to enjoy delicious, nutritious foods. After reading this book you should understand that the Paleo Diet is more than just a diet – it is a lifestyle change and it is the type of diet your body was meant to follow. If you're ready to get started on the Paleo Diet, try out the recipes in this book!

**Thank you for reading! If you enjoyed this book please leave a Five Star Review!**

# Table of Contents

[Preface](#)

[Chapter 1: Science Behind The Paleo Diet](#)

[Chapter 2: History Of The Paleo Diet](#)

[Chapter 3: Health Benefits Explained](#)

[Chapter 4: Paleo Diet Vs Other Diets](#)

[Chapter 5: Disadvantages Of The Paleo Diet](#)

[Chapter 6: Estimated Cost Of The Paleo Diet](#)

[Chapter 7: List Of Paleo Diet Foods](#)

[Chapter 8: Sample Weekly Paleo Diet Meal Plan](#)

[Bonus: Extra Paleo Diet Tips And Recipies](#)

[References](#)

[BOOK 2: EASY PALEO DIET RECIPES](#)

[Introduction](#)

[Benefits Of The Paleo Diet](#)

[Appetizers](#)

[Mini Meatballs](#)

[Oven-Baked Wings](#)

[Paleo Hummus With Veggies](#)

[Avocado Deviled Eggs](#)

[Baked Sweet Potato Fries](#)

[Artichoke Spinach Dip](#)

[Crab Cakes](#)

[Cucumber Finger Sandwiches](#)

[Bacon-Wrapped Scallop Skewers](#)

[Stuffed Mushrooms](#)

[Side Dishes](#)

[Grilled Pineapple Salad](#)

[Cherry Tomato Basil Salad](#)

[Sweet Asian-Style Coleslaw](#)

[Garlic Roasted Vegetables](#)

[Garlic Mashed Cauliflower](#)

[Spicy Spaghetti Squash](#)

[Grilled Asparagus Spears](#)

[Spicy Cabbage Salad](#)

[Tomato Mango Salad](#)

[Zucchini Fritters](#)

[Curried Carrot Casserole](#)

[Lemon Garlic Broccoli](#)

[Sweet Potato Gratin](#)



[Zucchini “Pasta”](#)

[Chopped Broccoli Salad](#)

## [Main Dishes](#)

[Spicy Fish Stew](#)

[Beef Stew With Caramelized Onions](#)

[Ginger Beef With Broccoli](#)

[Vegetable Chili](#)

[Cinnamon Banana Pancakes](#)

[Curried Shrimp With Vegetables](#)

[Chicken Sweet Potato Stew](#)

[Rosemary Roasted Chicken And Veggies](#)

[Cilantro Turkey Burgers](#)

[Turkey Cabbage Stir-Fry](#)

[Beef With Mushroom Casserole](#)

[Baked Coconut Fish Sticks](#)

[Roasted Pork Tenderloin](#)

[Peppered Flank Steak With Onions](#)

[Braised Lamb Chops](#)

[Coconut-Crusted Haddock](#)

[Grilled Shrimp Skewers](#)

[Baked Tilapia With Mango Salsa](#)

[Pork With Vegetable Stir-Fry](#)

[Coconut Chicken Curry](#)

[Herbed Leg Of Lamb](#)

[Blueberry Pancakes](#)

[Stuffed Butternut Squash](#)

[Marinated Pork Chops](#)

[Bacon-Wrapped Chicken Tenderloins](#)

[Spicy Chicken Chili](#)

[Oven-Baked Chicken Nuggets](#)

[Orange Glazed Chicken](#)

[Avocado Beef Tacos](#)

[Herbed Meatballs](#)

[Balsamic Roasted Beef](#)

[Baked Ham And Egg Cups](#)

[Balsamic Glazed Salmon](#)

[Pan Roasted Sweet Potatoes With Beef](#)

[Chipotle Lime Shrimp](#)

## [Desserts](#)

[Lemon Coconut Cupcakes](#)

[Strawberry Kiwi Fruit Pops](#)

[Mixed Berry Crepes](#)

[Cherry Walnut Cookies](#)  
[Chocolate Strawberry Cupcakes](#)  
[Almond Butter Banana Smoothie](#)  
[Lemon Blueberry Sorbet](#)  
[Cocoa Carob Brownies](#)  
[Dairy-Free Chocolate Mousse](#)  
[Chocolate Almond Cookies](#)

[Conclusion](#)